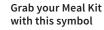


Smokey Roast Pumpkin & Garlic Rice with Pre-Prepped Mustard Slaw, Chimichurri & Plant-Based Smokey Aioli

EXPLORER

CLIMATE SUPERSTAR









Seasoning



Garlic Paste





Vegetable Stock



Basmati Rice

Powder



Mustard Cider



Dressing



Chimichurri Sauce



Smokey Aioli

Flaked Almonds



Prep in: 10-20 mins Ready in: 30-40 mins

Roasted with a healthy sprinkle of our Nan's special seasoning, tonight's hearty pumpkin boasts the perfect balance of flavours. The fragrant and fluffy garlic rice makes a welcome addition, while the herby chimichurri and easy slaw, makes the dish sing.

Pantry items Olive Oil, Plant-Based Butter

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Medium saucepan

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
pumpkin	1 medium	1 large		
Nan's special seasoning	1 medium sachet	1 large sachet		
plant-based butter*	20g	40g		
garlic paste	1 packet	2 packets		
basmati rice	1 medium packet	1 large packet		
water*	1½ cups	3 cups		
vegetable stock powder	1 medium sachet	1 large sachet		
deluxe slaw mix	1 medium bag	1 large bag		
mustard cider dressing	1 packet	2 packets		
plant-based smokey aioli	1 packet (50g)	2 packets (100g)		
chimichurri sauce	1 medium packet	1 large packet		
flaked almonds	1 medium packet	1 large packet		
haloumi**	1 packet	2 packets		

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3473kJ (830Cal)	661kJ (158Cal)
Protein (g)	14.9g	2.8g
Fat, total (g)	44.6g	8.5g
- saturated (g)	5g	1g
Carbohydrate (g)	89.5g	17g
- sugars (g)	21.8g	4.1g
Sodium (mg)	1409mg	268mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4625kJ (1105Cal)	751kJ (179Cal)
Protein (g)	32g	5.2g
Fat, total (g)	67.4g	11g
- saturated (g)	19.4g	3.2g
Carbohydrate (g)	90.7g	14.7g
- sugars (g)	22.8g	3.7g
Sodium (mg)	2444mg	397mg

The quantities provided above are averages only.

Alleraens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns





Roast the pumpkin

- Preheat oven to 240°C/220°C fan-forced. Cut pumpkin into thin wedges.
- Place **pumpkin** on a lined oven tray. Drizzle with **olive oil**, sprinkle with Nan's special seasoning and season with salt. Toss to coat.
- Roast until tender, 20-25 minutes.

TIP: Peel the pumpkin if you prefer!

Custom Recipe: If you've added haloumi, cut into 1cm-thick slices. To a medium bowl, add haloumi and cover with water to soak.



Make the mustard slaw

• While the rice is cooking, in a medium bowl, combine deluxe slaw mix and mustard cider dressing. Season.

Custom Recipe: Drain haloumi and pat dry. In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook until golden brown 1-2 minutes each side.



Cook the garlic rice

- Meanwhile, in a medium saucepan, heat the plant-based butter with a dash of olive oil over medium heat.
- Cook garlic paste until fragrant, 1-2 minutes. Add basmati rice, the water and vegetable stock powder, stir, then bring to the boil.
- · Reduce heat to low and cover with a lid.
- Cook for **10 minutes**, then remove from heat and keep covered until the rice is tender and the water is absorbed, 10 minutes.

TIP: The rice will finish cooking in its own steam, so don't peek!



Serve up

- Divide garlic rice between bowls. Top with smokey roast pumpkin and mustard slaw.
- Top pumpkin with **plant-based smokey aioli** and **chimichurri sauce**.
- Sprinkle with **flaked almonds** to serve. Enjoy!

Custom Recipe: Top bowls with golden haloumi.

