



Smokey Roast Pumpkin & Garlic Rice

with Pre-Prepped Mustard Slaw, Chimichurri & Plant-Based Smokey Aioli

EXPLORER

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Pumpkin



Nan's Special Seasoning



Garlic Paste



Basmati Rice



Vegetable Stock Powder



Deluxe Slaw Mix



Mustard Cider Dressing



Plant-Based Smokey Aioli



Chimichurri Sauce



Flaked Almonds



Haloumi

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.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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 with a lid

Ingredients

	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.

Allergens

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



1



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.

3



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.

2



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!

4



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.

Rate your recipe

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