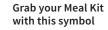


# All-American Roast Pumpkin & Chimichurri

with Corn Rice, Plant-Based 'Aioli' & Almonds

EXPLORER









Peeled & Chopped Pumpkin

Spice Blend





Corn Kernels

Garlic Paste



Vegetable Stock

Basmati Rice

Powder





Baby Spinach





Flaked Almonds Chimichurri Sauce



Parsley



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



Roasted with a healthy sprinkle of our all-American spice blend, tonight's hearty pumpkin boasts the perfect balance of sweet and savoury flavours. Juicy bursts of charred sweetcorn make a welcome addition to the fragrant and fluffy rice, while the herby chimichurri and parsley really 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  $\cdot$  Medium saucepan with a lid

## Ingredients

9		
	2 People	4 People
olive oil*	refer to method	refer to method
peeled & chopped pumpkin	1 medium bag	2 medium bags
All-American spice blend	1 medium sachet	1 large sachet
corn kernels	1 small tin	2 small tins
plant-based butter*	20g	40g
garlic paste	1 packet	2 packets
basmati rice	1 medium packet	1 large packet
vegetable stock powder	1 medium sachet	1 large sachet
water*	1½ cups	3 cups
baby spinach leaves	1 small bag	1 medium bag
plant-based aioli	1 medium packet	2 medium packets
chimichurri sauce	1 medium packet	1 large packet
flaked almonds	1 medium packet	1 large packet
parsley	1 bag	1 bag
haloumi**	1 packet	2 packets

#### \*Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3314kJ (792Cal)	<b>753kJ</b> (180Cal)
Protein (g)	14.3g	3.2g
Fat, total (g)	42g	9.5g
- saturated (g)	4.8g	1.1g
Carbohydrate (g)	86.7g	19.7g
- sugars (g)	18.4g	4.2g
Sodium (mg)	1286mg	292mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4466kJ (1067Cal)	843kJ (201Cal)
Protein (g)	31.4g	5.9g
Fat, total (g)	64.8g	12.2g
- saturated (g)	19.2g	3.6g
Carbohydrate (g)	87.8g	16.6g
- sugars (g)	19.4g	3.7g
Sodium (mg)	2321mg	438mg

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





# Roast the pumpkin

- Preheat oven to 240°C/220°C fan-forced.
- Place peeled & chopped pumpkin on a lined oven tray. Drizzle with olive oil, sprinkle with All-American spice blend and season with salt. Toss to coat.
- · Roast until tender, 20-25 minutes.

**Custom Recipe:** If you've added haloumi, cut haloumi into bite-sized chunks. In a medium bowl, place haloumi and cover with water to soak.



## Finish the corn rice

- To saucepan, add basmati rice, vegetable stock powder, the water and a generous pinch of salt. Stir, then bring to the boil.
- Reduce heat to low and cover with a lid. Cook for 10 minutes, then remove from heat.
- Keep covered until rice is tender and water is absorbed, 10 minutes.
- When rice is ready, stir through **baby spinach leaves** until wilted.

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

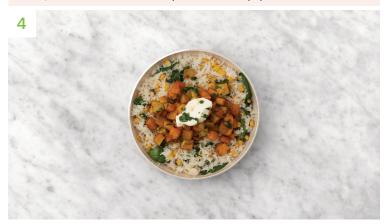


#### Start the corn rice

- · Meanwhile, drain corn kernels.
- In a medium saucepan, heat a drizzle of olive oil over medium-high heat.
  Cook corn until lightly browned, 4-5 minutes.
- Add the plant-based butter and garlic paste and cook until fragrant,
  1-2 minutes.

TIP: Cover the pan with a lid if the corn kernels are 'popping' out.

**Custom Recipe:** Drain haloumi and pat dry. Before cooking the corn kernels, heat a large frying pan with a generous drizzle of olive oil over mediumhigh heat. When oil is hot, cook haloumi, tossing occasionally, until golden brown, 2-4 minutes. Transfer to a plate lined with paper towel.



# Serve up

- Divide corn rice and All-American roast pumpkin between bowls.
- Top with a dollop of plant-based aioli and a drizzle of chimichurri sauce.
- Sprinkle with **flaked almonds**. Tear over **parsley** to serve. Enjoy!

**Custom Recipe:** Stir haloumi through the rice with the baby spinach leaves.