



# All-American Roast Pumpkin & Chimichurri

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

EXPLORER

Grab your Meal Kit with this symbol



Peeled & Chopped Pumpkin



All-American Spice Blend



Corn Kernels



Garlic Paste



Basmati Rice



Vegetable Stock Powder



Baby Spinach Leaves



Plant-Based Aioli



Chimichurri Sauce



Flaked Almonds



Parsley



Haloumi

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



Plant Based\*

\*Custom Recipe is not Plant Based

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.

**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
<b>olive oil*</b>	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
<b>plant-based butter*</b>	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
<b>water*</b>	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)	753kJ (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](https://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**.
- 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.

3



## 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!

2



## 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 medium-high heat. When oil is hot, cook haloumi, tossing occasionally, until golden brown, 2-4 minutes. Transfer to a plate lined with paper towel.

4



## 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.

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)