



Chermoula-Spiced Pumpkin

with Garlic-Fetta Yoghurt & Pepitas

EXPLORER

CLIMATE SUPERSTAR

MEAT-FREE MARVELS

Grab your Meal Kit with this symbol



Pumpkin



Zucchini



Red Onion



Garlic



Mint



Ras El Hanout



Chermoula Spice Blend



Basmati Rice



Fetta Cubes



Greek-Style Yoghurt



Baby Spinach Leaves



Pepitas



Haloumi

Prep in: 25-35 mins
Ready in: 35-45 mins

Tonight's dish is all about the pumpkin; roast it with a good sprinkle of ras el hanout, then finish it with a drizzle of honey for the perfect balance of sweetness and spice. The yoghurt adds a lovely creaminess and contrast of flavours, with a subtle saltiness and tang from the fetta.

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

Pantry items

Olive Oil, Butter, Honey

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

Two oven trays 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
zucchini	1	2
red onion	1	2
garlic	3 cloves	6 cloves
mint	½ bag	1 bag
ras el hanout	1 medium sachet	1 large sachet
chermoula spice blend	1 medium sachet	1 large sachet
butter*	40g	80g
basmati rice	1 medium packet	2 medium packets
water*	1½ cups	3 cups
fetta cubes	1 large packet	2 large packets
Greek-style yoghurt	1 medium packet	1 large packet
baby spinach leaves	1 medium bag	1 large bag
honey*	1 tbs	2 tbs
pepitass	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)	3378kJ (807Cal)	481kJ (115Cal)
Protein (g)	25.9g	3.7g
Fat, total (g)	32.8g	4.7g
- saturated (g)	17.3g	2.5g
Carbohydrate (g)	99.6g	14.2g
- sugars (g)	31.5g	4.5g
Sodium (mg)	1137mg	162mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4530kJ (1083Cal)	571kJ (136Cal)
Protein (g)	43g	5.4g
Fat, total (g)	55.6g	7g
- saturated (g)	31.7g	4g
Carbohydrate (g)	100.7g	12.7g
- sugars (g)	32.5g	4.1g
Sodium (mg)	2172mg	274mg

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



Get prepped

- Preheat oven to **240°C/220°C fan forced**.
- Cut **pumpkin** into thin wedges.
- Slice **zucchini** into half-moons.
- Cut **red onion** into thin wedges.
- Finely chop **garlic** and **mint** (see ingredients).

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



Make the garlic-fetta yoghurt

- Meanwhile, place remaining **garlic** and the remaining **butter** in a medium heatproof bowl. Microwave in **10 second** bursts until fragrant.
- Crumble in **fetta cubes** and mash to combine. Stir in **Greek-style yoghurt**.



Roast the veggies

- Place **pumpkin** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **ras el hanout** and season with **salt**. Toss to coat, then set aside.
- Place **zucchini** and **onion** on a second lined oven tray. Drizzle with **olive oil**, sprinkle with **chermoula spice blend** and season with **salt**. Toss to coat.
- Roast veggies until tender, **20-25 minutes**.



Finish the rice

- Stir **baby spinach leaves** and **roasted zucchini** and **onion** through the garlic rice.



Start the rice

- Meanwhile, heat a medium saucepan over medium heat with half the **butter** and a drizzle of **olive oil**.
- Cook half the **garlic** until fragrant, **1-2 minutes**. Add **basmati rice**, 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**.

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

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



Serve up

- Drizzle the **honey** over roasted pumpkin.
- Divide roast veggie rice toss between plates. Top with Chermoula-spiced pumpkin.
- Dollop over garlic-fetta yoghurt. Sprinkle with **pepitass** and mint to serve. Enjoy!

Custom Recipe: Top with golden haloumi.

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