



# 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
<b>olive oil*</b>	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
<b>butter*</b>	40g	80g
basmati rice	1 medium packet	2 medium packets
<b>water*</b>	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
<b>honey*</b>	1 tbs	2 tbs
pepitas	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](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



## 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 **pepitas** and mint to serve. Enjoy!

**Custom Recipe:** Top with golden haloumi.

## Rate your recipe

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