



# All-American Roast Pumpkin & Chimichurri

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

EXPLORER

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Pumpkin



All-American Spice Blend



Corn Kernels



Garlic



Basmati Rice



Vegetable Stock Powder



Baby Spinach Leaves



Plant-Based Aioli



Chimichurri Sauce



Flaked Almonds



Parsley



Chicken Breast

Prep in: 20-30 mins  
Ready in: 35-45 mins

**1** Eat Me Early\*  
\*Custom Recipe only



Plant Based<sup>A</sup>  
<sup>A</sup>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 make 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
pumpkin	1 medium	1 large
All-American spice blend	1 medium sachet	1 large sachet
corn kernels	1 small tin	2 small tins
garlic	2 cloves	4 cloves
<b>plant-based butter*</b>	20g	40g
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 packet (50g)	2 packets (100g)
chimichurri sauce	1 medium packet	1 large packet
flaked almonds	1 medium packet	1 large packet
parsley	1 bag	1 bag
chicken breast**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3404kJ (814Cal)	667kJ (159Cal)
Protein (g)	15.8g	3.1g
Fat, total (g)	41.6g	8.1g
- saturated (g)	4.9g	1g
Carbohydrate (g)	91.5g	17.9g
- sugars (g)	22.1g	4.3g
Sodium (mg)	1231mg	241mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4157kJ (994Cal)	615kJ (147Cal)
Protein (g)	49.8g	7.4g
Fat, total (g)	46.3g	6.9g
- saturated (g)	6.3g	0.9g
Carbohydrate (g)	91.5g	13.5g
- sugars (g)	22.1g	3.3g
Sodium (mg)	1315mg	195mg

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



## Bake the pumpkin wedges

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **pumpkin** into thin wedges.
- Place **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, **25-30 minutes**.



## Finish the corn rice

- Add **basmati rice**, **vegetable stock powder**, the **water** and a generous pinch of **salt** to the pan. 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:** If you've added chicken breast, cut chicken into 2cm chunks. In a large frying pan, heat a drizzle of olive oil over high heat. Cook chicken, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes.



## Get prepped

- Meanwhile, drain **corn kernels**.
- Finely chop **garlic**.



## Bring it all together

- When rice is ready, stir through **baby spinach leaves**, until wilted.

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



## Start the corn rice

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

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



## Serve up

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

## Rate your recipe

Did we make your tastebuds happy?

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