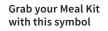


# Smokey Roast Pumpkin & Garlic Rice with Radish Salsa, Chimichurri & Plant-Based Smokey Aioli

EXPLORER

CLIMATE SUPERSTAR









Seasoning



Basmati Rice





Vegetable Stock Powder

Red Radish





Cucumber

**Baby Spinach** 







Smokey Aioli

Chimichurri Sauce



Flaked Almonds

**Pantry items** 



Prep in: 15-25 mins Ready in: 30-40 mins



Roasted with a healthy sprinkle of our Nan's special seasoning, tonight's hearty pumpkin boasts the perfect balance of flavours. The fragrant and fluffy garlic rice makes a welcome addition, while the herby chimichurri and radish salsa makes the dish sing.

## 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

## **Inaredients**

	2 People	4 People
olive oil*	refer to method	refer to method
pumpkin	1 medium	1 large
Nan's special seasoning	1 medium sachet	1 large sachet
plant-based butter*	20g	40g
garlic paste	1 packet	2 packets
basmati rice	1 medium packet	1 large packet
water*	1½ cups	3 cups
vegetable stock powder	1 medium sachet	1 large sachet
red radish	2	4
cucumber	1	2
baby spinach leaves	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle
plant-based	1 packet	2 packets
smokey aioli	(50g)	(100g)
chimichurri sauce	1 medium packet	2 medium packets
flaked almonds	1 medium packet	1 large packet
haloumi**	1 packet	2 packets

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3208kJ (767Cal)	571kJ (136Cal)
Protein (g)	14.8g	2.6g
Fat, total (g)	38.8g	6.9g
- saturated (g)	4.5g	0.8g
Carbohydrate (g)	87.5g	15.6g
- sugars (g)	19.8g	3.5g
Sodium (mg)	1210mg	215mg
Custom Recipe		

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4360kJ (1042Cal)	669kJ (160Cal)
Protein (g)	31.9g	4.9g
Fat, total (g)	61.6g	9.4g
- saturated (g)	18.9g	2.9g
Carbohydrate (g)	88.7g	13.6g
- sugars (g)	20.8g	3.2g
Sodium (mg)	2245mg	344mg

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.
- Cut **pumpkin** into thin wedges.
- Place **pumpkin** on a lined oven tray. Drizzle with **olive oil**, sprinkle with Nan's special seasoning and season with salt. Toss to coat.
- Roast until tender, 20-25 minutes.

TIP: Peel the pumpkin if you prefer!

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



## Make the salsa

- While the rice is cooking, thinly slice red radish.
- Thinly slice cucumber into rounds.
- · Roughly chop baby spinach leaves.
- In a medium bowl, combine radish, cucumber, baby spinach leaves and a drizzle of white wine vinegar and olive oil. Season.

Custom Recipe: 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.



#### Cook the rice

- Meanwhile, in a medium saucepan, heat the plant-based butter with a dash of olive oil over medium heat.
- Cook garlic paste until fragrant, 1-2 minutes. Add basmati rice, the water and **vegetable stock powder**, stir, then bring to the boil.
- Reduce heat to low and cover with a lid.
- Cook for **10 minutes**, then remove from heat and keep covered until the rice is tender and the water is absorbed, 10 minutes.

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



## Serve up

- · Divide garlic rice between bowls.
- Top with smokey roast pumpkin and radish salsa.
- Top pumpkin with plant-based smokey aioli and chimichurri sauce.
- · Sprinkle with flaked almonds to serve. Enjoy!

Custom Recipe: Top garlic rice with smokey roast pumpkin, haloumi and radish salsa.

#### Rate your recipe

Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate