

Paprika Chickpea & Pumpkin Buddha Bowl

with Spinach Slaw, Plant-Based Aioli & Almonds

CLIMATE SUPERSTAR

Grab your meal kit with this number

7



Peeled & Chopped Pumpkin



Garlic & Herb Seasoning



Garlic



Chickpeas



Baby Spinach Leaves



Shredded Cabbage Mix



Plant-Based Aioli



Paprika Spice Blend



Tomato Paste



Roasted Almonds



Chicken Breast



Peeled Prawns

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

Calorie Smart

Eat Me First

This bowl of nourishment will leave you feeling satisfied and energised in equal measure. Between crunchy cabbage, roasted pumpkin and tasty chermoula-spiced chickpeas, every bite is a delight.

Pantry items

Olive Oil, Plant-Based Butter, Brown Sugar, Honey

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
olive oil*	refer to method	refer to method
peeled & chopped pumpkin	1 small packet	1 medium packet
garlic & herb seasoning	1 medium sachet	1 large sachet
garlic	2 cloves	4 cloves
chickpeas	1 medium packet	2 medium packets
baby spinach leaves	1 medium packet	1 large packet
shredded cabbage mix	1 medium packet	1 large packet
plant-based aioli	1 packet	2 packets
paprika spice blend	1 sachet	2 sachets
tomato paste	1 medium packet	1 large packet
water*	¼ cup	½ cup
plant-based butter*	20g	40g
brown sugar*	1 tsp	2 tsp
honey*	1 tsp	2 tsp
roasted almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2580kJ (617Cal)	524kJ (125Cal)
Protein (g)	20.9g	4.2g
Fat, total (g)	37.8g	7.7g
- saturated (g)	4.7g	1g
Carbohydrate (g)	43.4g	8.8g
- sugars (g)	17.9g	3.6g
Sodium (mg)	1020mg	207mg
Dietary Fibre (g)	23.4g	4.8g

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.

1



Roast the pumpkin

- Preheat oven to **220°C/200°C fan-forced**.
- Place **peeled & chopped pumpkin** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **garlic & herb seasoning** and season with **salt**.
- Toss to coat, then spread out evenly. Roast until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the pumpkin between two trays.

2



Get prepped

- Meanwhile, finely chop **garlic**.
- Drain and rinse **chickpeas**.

3



Make the slaw

- In a medium bowl, combine **baby spinach leaves**, **shredded cabbage mix** and half the **plant-based aioli**.
- Drizzle with **olive oil**, then season with **salt** and **pepper**. Toss to combine.

4



Cook the paprika mixture

- When the pumpkin has **10 minutes** remaining, heat a medium saucepan over medium-high heat with a drizzle of **olive oil**.
- Cook **garlic**, **paprika spice blend** and **tomato paste**, stirring, until fragrant, **1-2 minutes**.

5



Add the chickpeas

- Add **chickpeas**, the **water**, the **plant-based butter** and the **brown sugar** to the **paprika mixture**.
- Cook, stirring, until slightly thickened, **3-4 minutes**.
- Remove pan from heat and add the **honey**. Season with **pepper**.

6



Serve up

- Roughly chop **roasted almonds**.
- Divide paprika chickpeas and roasted pumpkin between bowls. Serve with slaw.
- Sprinkle with almonds and top with a dollop of remaining plant-based aioli to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW25



CUSTOM OPTIONS

+ **ADD CHICKEN BREAST**
Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

+ **ADD PEELED PRAWNS**
Cook, tossing, until pink and starting to curl up, 3-4 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

