



# Harissa Pumpkin & Babaganoush

with Gourmet Garden Parsley & Fetta

VEGGIE FAVES

NEW

Grab your meal kit with this number

33



Pumpkin



Harissa Paste



Garlic Paste



Lightly Dried Parsley



Chermoula Spice Blend



Basmati Rice



Currants



Vegetable Stock Powder



Snacking Tomatoes



Baby Spinach Leaves



Roasted Almonds



Babaganoush



Greek-Style Yoghurt



Fetta Cubes



Chicken Thigh



Haloumi

Prep in: 15-25 mins  
Ready in: 35-45 mins

Gourmet Garden's Aussie grown parsley is lightly dried for a fresher flavour and lasts four weeks once opened. Enjoy this versatile herb cooked through a colourful and aromatic serving of veggie-loaded rice - the ideal bed for tender, delicately spiced pumpkin pieces.

### Pantry items

Olive Oil, Butter



## Before you start

Wash hands and fresh veggies.

## You will need

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

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
harissa paste	1 packet	2 packets
<b>butter*</b>	20g	40g
garlic paste	1 packet	2 packets
lightly dried parsley	½ packet	1 packet
chermoula spice blend	1 medium sachet	1 large sachet
basmati rice	1 medium packet	1 large packet
currants	1 medium sachet	1 large sachet
<b>water*</b>	1½ cups	3 cups
vegetable stock powder	1 medium sachet	1 large sachet
snacking tomatoes	1 packet	2 packets
baby spinach leaves	1 small packet	1 medium packet
roasted almonds	1 medium packet	1 large packet
babaganoush	1 packet	2 packets
Greek-style yoghurt	1 medium packet	1 large packet
fetta cubes	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3060kJ (731Cal)	508kJ (121Cal)
Protein (g)	21.3g	3.5g
Fat, total (g)	26.3g	4.4g
- saturated (g)	5g	0.8g
Carbohydrate (g)	99.1g	16.4g
- sugars (g)	27.9g	4.6g
Sodium (mg)	1626mg	270mg
Dietary Fibre (g)	20.5g	3.4g

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.

In collaboration with



Grown on farms across Australia, this lightly dried parsley adds extra flavour and depth to every meal.

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW41



1



## Roast the pumpkin

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **pumpkin** into 1cm-thick wedges.
- Place **pumpkin** on a lined oven tray. Season with **salt**, drizzle with **olive oil** and toss to coat.
- Roast until tender, **20-25 minutes**.
- In the last **5 minutes**, brush **harissa paste** over pumpkin and roast until browned.

**TIP:** Peel the pumpkin if you prefer and scrape out the seeds, if necessary!

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

3



## Bring it all together

- While rice is cooking, halve **snacking tomatoes**.
- Roughly chop **baby spinach leaves** and **roasted almonds**.
- Once rice is done, gently stir in **snacking tomatoes**, **baby spinach** and **almonds** until combined. Season to taste.

## CUSTOM OPTIONS



### ADD CHICKEN THIGH

Cut into bite-sized pieces. Before starting the rice, cook until cooked through, 4-6 minutes. Set aside, then add to bowl to serve.



### ADD HALOUMI

Cut into bite-sized chunks. Before starting the rice, cook until browned, 3-4 minutes. Set aside, then add to bowl to serve.

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



2



## Cook the rice

- Meanwhile, in a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat.
- Add **garlic paste**, **Gourmet Garden lightly dried parsley** (see ingredients) and **chermoula spice blend**, then cook until fragrant, **1-2 minutes**.
- Add **basmati rice**, **currants**, the **water** and **vegetable stock powder**. Stir to combine, 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!

4



## Serve up

- Divide spiced rice between bowls.
- Top with harissa pumpkin, **babaganoush** and **Greek-style yoghurt**.
- Crumble over **fetta cubes** to serve. Enjoy!