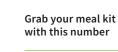


Harissa Pumpkin & Babaganoush

with Gourmet Garden Parsley & Fetta

VEGGIE FAVES

NEW













Garlic Paste





Chermoula Spice







Vegetable Stock



Snacking Tomatoes





Roasted Almonds



Babaganoush



Greek-Style Yoghurt



Fetta Cubes





Pantry items Olive Oil, Butter

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.

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
olive oil*	refer to method	refer to method
pumpkin	1 medium	1 large
harissa paste	1 packet	2 packets
butter*	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
water*	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 *Pantry Items	1 medium packet	1 large packet

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 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!

2024 | CW41





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.



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.



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!



Serve up

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



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.

