



Miso-Glazed Pumpkin & Crunchy Rainbow Salad

with Creamy Dressing & Pickled Ginger

NEW

Grab your meal kit with this number

17



Recipe Update

Due to local availability, we've replaced some of your ingredients. They may be a little different to what's pictured, but just as delicious!



Pumpkin



Miso Paste



Red Radish



Cucumber



Lemon



Garlic Aioli



Sesame Oil Blend



Deluxe Salad Mix



Mixed Salad Leaves



Crunchy Fried Noodles



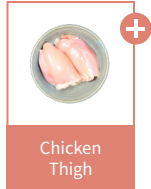
Everything Garnish



Pickled Ginger



Chicken Tenderloins



Chicken Thigh

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



This crunchy rainbow salad has flavour, texture and colour, leaving no box unticked. A superstar salad this good, deserves some equally sensational company, so welcome to the plate; miso-glazed pumpkin. You can thank us later!

Pantry items

Olive Oil, Honey, Vinegar (White Wine or Rice Wine), Low Sodium Soy Sauce

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
pumpkin	1 medium	1 large
miso paste	1 packet	2 packets
honey*	1 tbs	2 tbs
vinegar*		
(white wine or rice wine)	1 tsp	2 tsp
red radish	1	2
cucumber	1	2
lemon	½	1
garlic aioli	1 medium packet	1 large packet
sesame oil blend	½ packet	1 packet
low sodium soy sauce*	½ tbs	1 tbs
deluxe salad mix	1 medium packet	1 large packet
mixed salad leaves	1 small packet	1 medium packet
crunchy fried noodles	1 packet	2 packets
everything garnish	½ sachet	1 sachet
pickled ginger	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2343kJ (560cal)	192kJ (46cal)
Protein (g)	12.1g	1g
Fat, total (g)	34.9g	2.9g
- saturated (g)	3.8g	0.3g
Carbohydrate (g)	46.8g	3.8g
- sugars (g)	30.1g	2.5g
Sodium (mg)	944mg	77.3mg
Dietary Fibre (g)	10.1g	0.8g

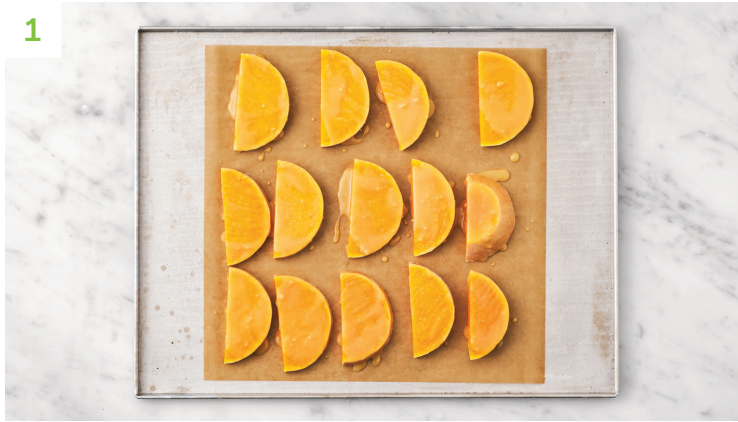
The quantities provided above are averages only.

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**.
- Cut **pumpkin** into 1 cm-thick wedges.
- In a small bowl, combine **miso paste**, the **honey** and **vinegar**.
- Place **pumpkin** on a lined oven tray. Drizzle with **olive oil** and toss to coat. Brush over **miso mixture**.
- Roast until tender, **20-25 minutes**.

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

3



Toss the salad

- In a large bowl, combine **garlic aioli**, **sesame oil blend (see ingredients)**, the **low sodium soy sauce** and a good squeeze of **lemon juice**.
- When pumpkin is done, to bowl with the dressing, add **deluxe salad mix**, **mixed salad leaves**, **radish**, **cucumber** and **crunchy fried noodles**. Toss to combine. Season to taste with **salt** and **pepper**.

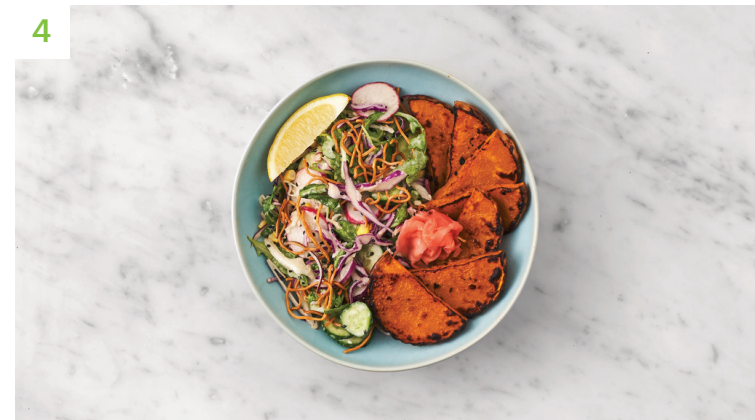
2



Prep the veggies

- Meanwhile, thinly slice **red radish** and **cucumber** into rounds.
- Slice **lemon** into wedges.

4



Serve up

- Divide crunchy rainbow salad between bowls.
- Top with miso-glazed pumpkin.
- Sprinkle with **everything garnish (see ingredients)**. Top with **pickled ginger**. Serve with any remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW44



CUSTOM OPTIONS



ADD CHICKEN TENDERLOINS

Cook until cooked through, 3-4 minutes each side.



ADD CHICKEN THIGH

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

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

