



Chermoula Chickpea & Pumpkin Buddha Bowl

with Slaw, Plant-Based Aioli & Almonds

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Peeled & Chopped Pumpkin



Garlic & Herb Seasoning



Garlic



Chickpeas



Salad Leaves



Shredded Cabbage Mix



Plant-Based Aioli



Chermoula Spice Blend



Tomato Paste



Roasted Almonds



Coriander



Chicken Breast

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



Plant Based[^]
[^]Custom Recipe is not Plant Based



Calorie Smart*
*Custom recipe is not Calorie Smart



Eat Me Early*
*Custom Recipe only

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.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Plant-Based Butter, Brown Sugar

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
peeled & chopped pumpkin	1 small bag	1 medium bag
garlic & herb seasoning	1 medium sachet	1 large sachet
garlic	2 cloves	4 cloves
chickpeas	1 tin	2 tins
salad leaves	1 medium bag	1 large packet
shredded cabbage mix	1 medium bag	1 large bag
plant-based aioli	1 packet	2 packets
chermoula spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	1 packet
water*	¼ cup	½ cup
plant-based butter*	20g	40g
brown sugar*	pinch	pinch
roasted almonds	1 medium packet	1 large packet
coriander	1 bag	1 bag
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2493kJ (596Cal)	584kJ (140Cal)
Protein (g)	19.5g	4.6g
Fat, total (g)	36.8g	8.6g
- saturated (g)	4g	0.9g
Carbohydrate (g)	42.7g	10g
- sugars (g)	15.3g	3.6g
Sodium (mg)	1207mg	283mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3340kJ (798Cal)	504kJ (120Cal)
Protein (g)	54.5g	8.2g
Fat, total (g)	43.3g	6.5g
- saturated (g)	6.2g	0.9g
Carbohydrate (g)	42.4g	6.4g
- sugars (g)	16.5g	2.5g
Sodium (mg)	1373mg	207mg

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



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.

4



Cook the chermoula mixture

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

Custom Recipe: Before cooking the chermoula mixture, bring pan to high heat with a drizzle of olive oil. When oil is hot, add chicken, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes. Reduce heat to medium-high and continue as above.

2



Get prepped

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

Custom Recipe: If you've added chicken breast, cut chicken into 2cm chunks.

5



Add the chickpeas

- To the chermoula mixture, add **chickpeas**, the **water**, the **plant-based butter** and a pinch of **brown sugar**.
- Cook, stirring, until slightly thickened, **3-4 minutes**.
- Remove pan from heat. Cover to keep warm.

3



Make the slaw

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

6



Serve up

- Roughly chop **roasted almonds**.
- Divide chermoula chickpeas and roasted pumpkin between bowls. Top with slaw and almonds.
- Drizzle with remaining garlic aioli. Tear over **coriander** to serve. Enjoy!

Rate your recipe

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