



HelloFresh.com.au

hello@hellofresh.com.au | (02) 8188 8722

WK20
2016



Harissa Cauliflower with Chickpea & Pumpkin Smash

Thick steaks of cauliflower dressed up with fiery harissa paste - it's veg as you've never seen before. We're serving a vibrant pumpkin and chickpea alongside this hearty treat. Harissa can really pack a punch, so add half if you're squeamish about heat, and keep that refreshing Greek yoghurt close to hand for relief!



Prep: 15 mins

Cook: 30 mins

Total: 45 mins



level 1



low kJ



extra spicy

Pantry Items



Olive Oil



Harissa Paste



Cauliflower



Butternut Pumpkin



Brown Onion



Garlic



Cumin



Chickpeas



Lemon



Parsley



Greek Yoghurt

JOIN OUR PHOTO CONTEST

f t i #HelloFreshAU

2P	4P	Ingredients
1 tbs	2 tbs	harissa paste (recommended amount)
1 ½ tbs	3 tbs	olive oil *
1	2	cauliflower, cut into 1 cm thick steaks
400 g	800 g	butternut pumpkin, skin removed & cut into chunks
½	1	brown onion, finely chopped
1 clove	2 cloves	garlic, peeled & crushed
1 tsp	2 tsp	cumin
1 tin	2 tins	chickpeas, drained & rinsed
½	1	lemon, juiced
1 bunch	2 bunches	parsley, finely chopped
½ tub	1 tub	Greek yoghurt

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	1390	Kj
Protein	12.3	g
Fat, total	15.6	g
-saturated	3.1	g
Carbohydrate	30.2	g
-sugars	15	g
Sodium	122	mg

Disclaimer: Pumpkin naturally vary in size, we may over supply you but please use the weight stated for this recipe.



You will need: chef's knife, chopping board, garlic crusher, small bowl, sieve, fork, two oven trays lined with baking paper, and a medium frying pan.

1 Preheat the oven to **200°C/180°C** fan-forced.

2 Combine the **harissa paste** and a third of the **olive oil** in a small bowl. Rub the **cauliflower steaks** with the harissa paste and place on one lined oven tray. Toss the **butternut pumpkin** with half of the remaining olive oil, season with **salt** and **pepper** and place on the remaining lined tray. Cook both trays in the oven for **30 minutes** or until the cauliflower steaks are tender.

3 Meanwhile, heat the remaining olive oil in a medium frying pan. Add the **brown onion** and cook for **3 minutes** or until soft. Add the **garlic** and **cumin** and cook until fragrant. Add the **chickpeas** and cook for **3-4 minutes** or until they start to brown a little. Add the **lemon juice** and **parsley** and then remove from the heat. Add the roast pumpkin to the pan and, using a fork, roughly smash the pumpkin and chickpeas. Season to taste with salt and pepper.

4 To serve, divide the chickpea smash between plates and top with the harissa cauliflower steaks. Dollop with the **Greek yoghurt**.



Did you know? Cauliflower is not only low in cholesterol, but is a good source of vitamin B6, Folate and Potassium.