















# Moroccan-Style Pumpkin & Garlic-Fetta Yoghurt

with Roast Veggie Rice Toss & Pepitas

Grab your Meal Kit with this symbol



-  Butternut Pumpkin
-  Carrot
-  Red Onion
-  Garlic
-  Ras El Hanout
-  Chermoula Spice Blend
-  Basmati Rice
-  Baby Spinach Leaves
-  Pepitas
-  Fetta Cubes
-  Greek-Style Yoghurt
-  Haloumi

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

Tonight's dish is all about the pumpkin; roast it with a good sprinkle of ras el hanout, then finish it with a drizzle of honey for the perfect balance of sweetness and spice. The yoghurt adds a lovely creaminess and contrast of flavours, with a subtle saltiness and tang from the fetta.

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

**Pantry items**  
Olive Oil, Butter, Honey

## Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

## You will need

Two oven trays lined with baking paper · Medium saucepan with a lid · Large frying pan (Custom Recipe only)

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
butternut pumpkin	1 medium	1 large
carrot	1	2
red onion	1	2
garlic	3 cloves	6 cloves
ras el hanout	1 medium sachet	1 large sachet
chermoula spice blend	1 medium sachet	1 large sachet
<b>butter*</b>	40g	80g
basmati rice	1 medium packet	1 large packet
<b>water*</b>	1½ cups	3 cups
fetta cubes	1 medium packet	1 large packet
Greek-style yoghurt	1 medium packet	1 large packet
baby spinach leaves	1 medium bag	1 large bag
<b>honey*</b>	1 tbs	2 tbs
pepitas	1 medium packet	1 large packet
haloumi**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3412kJ (815Cal)	511kJ (122Cal)
Protein (g)	22.1g	3.3g
Fat, total (g)	31.6g	4.7g
- saturated (g)	17.1g	2.6g
Carbohydrate (g)	108g	16.2g
- sugars (g)	31.1g	4.7g
Sodium (mg)	1181mg	177mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4528kJ (1082Cal)	597kJ (143Cal)
Protein (g)	39.3g	5.2g
Fat, total (g)	52.1g	6.9g
- saturated (g)	30.9g	4.1g
Carbohydrate (g)	111.6g	14.7g
- sugars (g)	33.2g	4.4g
Sodium (mg)	2207mg	291mg

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.

## We're here to help!

Scan here if you have any questions or concerns



## Get prepped

- Preheat oven to **240°C/220°C fan forced**.
- Cut **butternut pumpkin** into thin wedges.
- Cut **carrot** into bite-sized chunks.
- Cut **red onion** into wedges.
- Finely chop **garlic**.



## Make the garlic-fetta yoghurt

- Meanwhile, place remaining **garlic** and **butter** in a medium heatproof bowl. Microwave in **10 second** bursts until fragrant.
- Crumble in **fetta cubes** and mash to combine. Stir in **Greek-style yoghurt**.

**Custom Recipe:** If you've added haloumi, cut haloumi into 1cm-thick slices. In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook haloumi until golden brown, 1-2 minutes each side.



## Roast the veggies

- Place **pumpkin** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **ras el hanout** and season with **salt**. Toss to coat, then set aside.
- Place **carrot** and **onion** on a second lined oven tray. Drizzle with **olive oil**, sprinkle with **chermoula spice blend** and season with **salt**. Toss to coat.
- Roast both **veggie** trays until tender, **20-25 minutes**.



## Finish the rice

- Stir **baby spinach leaves** and roasted **carrot** and **onion** through the **garlic rice**.



## Start the rice

- Meanwhile, heat a medium saucepan over medium heat with 1/2 the **butter** and a drizzle of **olive oil**.
- Cook 1/2 the **garlic** until fragrant, **1-2 minutes**. Add **basmati rice**, the **water** and a generous pinch of **salt**. Stir, then bring to the boil.
- Reduce heat to low and cover with a lid. Cook for **10 minutes**, then remove from heat. Keep covered until rice is tender and water is absorbed, **10 minutes**.

**TIP:** The rice will finish cooking in its own steam, so don't peek!



## Serve up

- Drizzle the **honey** over roasted pumpkin.
- Divide roast veggie rice toss between plates. Top with Moroccan-style pumpkin.
- Dollop over garlic-fetta yoghurt. Sprinkle with **pepitas** to serve. Enjoy!

**Custom Recipe:** Top the rice with haloumi and Moroccan-style pumpkin.

## Rate your recipe

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