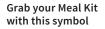


Moroccan-Style Pumpkin & Garlic-Fetta Yoghurt

with Roast Veggie Rice Toss & Pepitas









Butternut Pumpkin







Red Onion







Chermoula Spice

Ras El Hanout



Basmati Rice



Baby Spinach Leaves





Fetta Cubes



Greek-Style Yoghurt



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.

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 \cdot Medium saucepan with a lid \cdot Large frying pan (Custom Recipe only)

Ingredients

9		
	2 People	4 People
olive oil*	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
butter*	40g	80g
basmati rice	1 medium packet	1 large packet
water*	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
honey*	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	291mσ

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

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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.



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.



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!



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.



Finish the rice

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



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.



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