



SPICED PUMPKIN & QUINOA SALAD

with Apple & Mint



Roast pumpkin
with chermoula



Butternut Pumpkin



Chermoula Spice
Blend



Cucumber



Mint



Tahini



Lemon



Tri-Colour
Quinoa



Vegetable Stock



Slivered Almonds



Red Apple



Rocket Leaves



Hands-on: **25 mins**
Ready in: **40 mins**



Naturally gluten-free
Not suitable for Coeliacs

Serve up a hearty and wholesome salad, full of roasted spiced pumpkin, colourful quinoa and crisp rocket and apple. With a creamy tahini dressing to add flavour and richness, this meal will make you rethink salads for dinner!

Pantry Staples: Olive Oil, Honey, Vinegar (White Wine Or Red Wine)

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
 • **oven tray** lined with **baking paper** • **medium saucepan** with a **lid** • **large frying pan**



1 ROAST THE PUMPKIN

Preheat the oven to **220°C/200°C fan-forced**. Peel the **butternut pumpkin** and cut into 2cm chunks. **TIP:** *Keep the peel on if you're in a rush. It becomes tender after roasting and adds fibre to the meal.* Place the pumpkin on the oven tray lined with baking paper. Sprinkle with the **chermoula spice blend**, **drizzle** with **olive oil** and **honey** and season with a **good pinch** of **salt** and **pepper**. Toss well to coat, then spread in a single layer and roast until tender, **20-25 minutes**. Set aside to cool slightly.



4 TOAST THE NUTS

While the quinoa is cooking, heat a large frying pan over a medium-high heat. Add the **slivered almonds** and toast, tossing, until golden, **3-4 minutes**. In a large bowl, combine the **vinegar**, **olive oil** (**1 tbs for 2 people / 2 tbs for 4 people**) and a generous **pinch** of **salt** and **pepper**. Finely chop the **red apple**.



2 GET PREPPED

While the pumpkin is roasting, finely chop the **cucumber**. Pick and roughly chop the **mint** leaves. In a small bowl, combine the **tahini**, a **generous squeeze** of **lemon juice**, a **drizzle** of **olive oil**, a **splash** of **water** and a **generous pinch** of **salt** and **pepper**. Cut the remaining lemon into wedges. **TIP:** *Taste the sauce and add more lemon juice if you like!*



5 TOSS THE SALAD

Add the **quinoa**, **apple**, **cucumber**, **mint** (reserve some for garnish!) and **rocket leaves** to the bowl with the dressing and toss well to combine. Season to taste with **salt** and **pepper**. **TIP:** *Toss the salad just before serving to keep the leaves crisp.*



3 COOK THE QUINOA

Rinse the **tri-colour quinoa** well. Place the quinoa and the **water** in a medium saucepan. Crumble in the **vegetable stock** (**1 cube for 2 people / 2 cubes for 4 people**) and cover with a lid. Bring to the boil, then reduce the heat to medium and simmer, uncovered, until the quinoa is tender and the water has been absorbed, **8-10 minutes**. Drain and set aside to cool.



6 SERVE UP

Divide the quinoa salad between plates and top with the spiced pumpkin. Drizzle with the tahini sauce and sprinkle with the reserved mint and slivered almonds. Serve with the lemon wedges.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
butternut pumpkin	1	1
chermoula spice blend	1 sachet	2 sachets
honey*	1 tsp	2 tsp
cucumber	1	2
mint	1 bunch	1 bunch
tahini	1 tub (100 g)	2 tubs (200 g)
lemon	1	2
tri-colour quinoa	1 packet	2 packets
water*	1½ cups	3 cups
vegetable stock	1 cube	2 cubes
slivered almonds	1 packet	2 packets
vinegar* (white wine or red wine)	2 tsp	1 tbs
red apple	1	2
rocket leaves	1 bag (30 g)	1 bag (60 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2590kJ (620Cal)	496kJ (118Cal)
Protein (g)	20.9g	4.0g
Fat, total (g)	32.3g	6.2g
- saturated (g)	9.6g	1.8g
Carbohydrate (g)	64.9g	12.4g
- sugars (g)	25.8g	4.9g
Sodium (g)	1060mg	203mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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