



### Product Spotlight: Pine Nuts

Pine nuts are seeds from pine trees. You'll find them between the scales of pine cones. While all pine trees yield pine nuts, only about 20 species have pine nuts large enough to be worth eating.



## Beef Chipolatas with Pumpkin and Feta Salad

Golden roasted pumpkin tossed with creamy feta, basil and crunchy pine nuts, served alongside juicy beef chipolatas for a wholesome family favourite.



35 minutes



2 servings



Beef

## Stretch the dish!

*If you have any leftovers you can toss it with short pasta to make extra serves! Serve the sausages on the side or slice and stir through the pasta. Add some pesto if you have some!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	44g	62g	55g

## FROM YOUR BOX

BUTTERNUT PUMPKIN	1
SHALLOT	1
RED CAPSICUM	1
BASIL	1 packet
FETA CHEESE	1 packet
BABY SPINACH	60g
PINE NUTS	20g
BEEF CHIPOLATAS	300g

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, balsamic vinegar, ground coriander (see notes)

## KEY UTENSILS

frypan, oven tray

## NOTES

Use pumpkin to taste. We recommend 1/2 pumpkin and 1/2 tbsp coriander for 2 serves.

You can use ground cumin, cumin seeds or ground paprika if you don't have ground coriander. Fresh chopped rosemary or dried oregano also works well!

You can cook the chipolatas on the BBQ if preferred.



### 1. ROAST THE PUMPKIN

Set oven to 220°C.

Dice **pumpkin** (2–3cm) and toss on a lined oven tray with **1/2–1 tbsp coriander, oil, salt and pepper** (see notes). Roast in oven for 20–25 minutes until golden and cooked through.



### 4. TOAST THE PINE NUTS

Add **pine nuts** to a dry frypan over medium-high heat. Toast for 3–5 minutes until golden. Set aside.



### 2. PREPARE THE DRESSING

In a large salad bowl, whisk together **1 tbsp balsamic vinegar, 2 tbsp olive oil, salt and pepper**.



### 3. PREPARE THE SALAD

Slice **shallot** and **red capsicum**. Pick and roughly tear **basil leaves**. Crumble **feta cheese**. Add all to bowl with dressing along with **spinach**.



### 5. COOK THE CHIPOLATAS

Reheat frypan over medium-high heat with **oil** (see notes). Add **chipolatas** and cook for 8–10 minutes turning until cooked through.



### 6. FINISH AND SERVE

Allow **pumpkin** to cool slightly before tossing with **salad**. Garnish salad with **pine nuts** and serve alongside **beef chipolatas**.



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