



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Beetroot


Our WA beets are dense with nutrients such as potassium, magnesium, folate and vitamin C. They can help reduce blood pressure, improve circulation and are great for the health of our eyes!



H2 Chickpea and Pumpkin Bake with Halloumi

Crispy chickpeas and pumpkin roasted with halloumi in a balsamic dressing, served with toasted seeds and nuts and fresh vegetables.

 30 minutes

 2 servings

 Vegetarian

11 February 2022

Spice it up!

Instead of using ground cumin to spice your tray bake you could try ground coriander, lemon pepper, sumac or fennel seeds.

Per serve: **PROTEIN** 48g **TOTAL FAT** 51g **CARBOHYDRATES** 96g

FROM YOUR BOX

BUTTERNUT PUMPKIN	1 (use to taste)
HALLOUMI	1 packet
TINNED CHICKPEAS	400g
BALSAMIC	100g
SEED+NUT MIX	1 packet (35g)
SUGAR SNAP PEAS	1 bag (250g)
BEETROOT	1

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground cumin

KEY UTENSILS

frypan, oven tray

NOTES

If you don't want to roast the whole pumpkin, just roast half. Save the other half and use to make a hash, in a frittata, mixed in a dhal or risotto.

Instead of toasting the seeds in a frypan you can add them to the oven tray for the last 10 minutes.



1. PREPARE THE TRAY BAKE

Set oven to 220°C.

Cut pumpkin into small chunks (see notes). Tear halloumi into chunks and drain chickpeas. Place on a lined oven tray.



2. SEASON THE TRAY BAKE

Toss vegetables and halloumi with 2 tbsp balsamic, oil, 1 tbsp cumin, salt and pepper. Roast for 20–25 minutes until cooked through.



3. MAKE THE DRESSING

Whisk together remaining balsamic glaze, 2 tbsp olive oil, salt and pepper.



4. TOAST THE SEEDS+NUTS

Heat a frypan over medium heat (see notes). Add seed+nut mix. Toast for 4–5 minutes until golden. Remove from pan.



5. PREPARE THE SALAD

Trim and slice sugar snap peas. Grate beetroot.



6. FINISH AND SERVE

Arrange roast veggies, halloumi and salad on a large serving platter. Spoon over dressing and scatter over toasted seed+nut mix.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

