



### Product Spotlight: Chickpeas

As a legume, chickpeas are considered both a vegetable and protein food, helping you hit two important food groups at once!

## Pumpkin and Chickpea Laksa with Zucchini Noodles

Full of flavour using locally-blended spices, this laksa is simply delicious. Loads of vegetables boosted with zucchini noodles, this dish is sure to be a winner.



35 minutes



2 servings



Vegetarian

10 February 2023

### Mix it up!

*If you prefer noodles or rice with your laksa, dice and add the zucchini to the roasting tray, add a little ground cumin for extra flavour when tossing it with oil.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	23g	55g	102g

## FROM YOUR BOX

BUTTERNUT PUMPKIN	1
TINNED CHICKPEAS	400g
BROWN ONION	1
ISLAND CURRY SPICE MIX	1 sachet
COCONUT MILK	400ml
ZUCCHINI	1
BEAN SHOOTS	1 bag (250g)
LIME	1
FRIED SHALLOTS/PEANUTS	1 packet (60g)

## FROM YOUR PANTRY

oil for cooking, salt, pepper, soy sauce (or tamari)

## KEY UTENSILS

oven tray, large frypan (with lid)

## NOTES

We choose to leave the skin on our pumpkin, but if you prefer you can peel it before dicing. You can use all of the pumpkin and enjoy the leftovers for lunch.

If you have kaffir lime leaves, lemongrass or other Asian aromatics you can add them to the broth for added flavour.

**Protein upsize** – protein upsize is one packet halloumi cheese. Dice halloumi and cook in a frypan with oil until golden on each side.



### 1. ROAST THE PUMPKIN

Set oven to 220°C.

Dice pumpkin (use to taste, see notes) and drain chickpeas. Toss together on a lined oven tray with **oil, salt and pepper**. Roast for 15–20 minutes.



### 2. MAKE THE BROTH

Heat a large frypan with **oil**. Slice and add onion. Cook for 4–5 minutes until softened. Add Island curry mix, fry for a further 2 minutes then add coconut milk, **1/2 tin of water** and **1/2 tbsp soy sauce**. Simmer, semi-covered, for 10 minutes (see notes).



### 3. MAKE THE NOODLES

Spiralize, julienne or ribbon the zucchini to make the noodles. Set aside.



### 4. ADD THE PUMPKIN

Add the roasted pumpkin, chickpeas and 1/2 the bean shoots to the broth. Return to a simmer. Season with juice from 1/2 lime (wedge remaining), **soy sauce** and **pepper**.



### 5. FINISH AND SERVE

Serve noodles into bowls. Top with broth and garnish with bean shoots, fried shallot/peanut mix and a lime wedge.

**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**

