

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, baby spinach, basil and crunchy pine nuts, served alongside juicy beef chipolatas.

35 minutes | 2 servings | Beef

Stretch the dish!

Toss any leftover salad through cooked short pasta to stretch it into extra serves. Serve the chipolatas on the side or slice and stir them through, with a spoonful of pesto if you have some!

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	43g	53g	36g

FROM YOUR BOX

BUTTERNUT PUMPKIN	1
SHALLOT	1
RED CAPSICUM	1
BASIL	60g
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.

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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 ground coriander**, **oil**, **salt and pepper** (see notes). Roast in oven for 20-25 minutes until golden and cooked through.



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**.



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.



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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