



### 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!



## H4 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

 4 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** 27g **TOTAL FAT** 30g **CARBOHYDRATES** 61g

## FROM YOUR BOX

BUTTERNUT PUMPKIN	1
HALLOUMI	1 packet
TINNED CHICKPEAS	400g
BALSAMIC	100g
SEED+NUT MIX	1 packet (70g)
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

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



### 1. PREPARE THE TRAY BAKE

Set oven to 220°C.

Cut pumpkin into small chunks. 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**

