



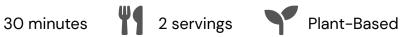
# Spiced Pumpkin

with Warm Black Bean Salsa

Sweet butternut pumpkin roasted with cumin, paprika, and a dash of maple syrup. Served with warm black bean, corn and tomato salsa. Finished with cashew sour cream and coriander.







# Mix it up!

Dice the pumpkin and add smoked paprika when roasting. Serve in wraps or tacos with salsa, cashew sour cream and coriander!

28g 117g

#### FROM YOUR BOX

RAW CASHEWS	100g
LEMON	1
BUTTERNUT PUMPKIN	1
SHALLOT	1
CHERRY TOMATOES	1 bag (200g)
CORN COBS	1
TINNED BLACK BEANS	400g
CORIANDER	1 packet (20g)

#### FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, paprika, ground cumin, apple cider vinegar, maple syrup

#### **KEY UTENSILS**

large frypan, oven tray, stick mixer or small processor, kettle

#### **NOTES**

You can cook all of the pumpkin and use any remaining to make a dip or add to salads for lunches.

Stir some of the coriander through the sour cream if desired



#### 1. SOAK THE CASHEWS

Set oven to 220°C, and boil the kettle.

Place cashews in a bowl with 1/2 cup boiling water, 1/2 lemon juice (wedge remaining), and 1/2 tbsp vinegar. Leave to soak for 10 minutes.



#### 2. ROAST THE PUMPKIN

Halve and cut pumpkin into 1-2 cm slices (use to taste, see notes). Toss on a lined oven tray with 2 tsp cumin, 1 tsp paprika, 2 tsp maple syrup, oil, salt and pepper. Roast for 20-25 minutes until golden and tender.



# 3. SAUTÈ THE SHALLOT

Heat a frypan over medium-high heat with oil. Slice and add shallot along with 1 tsp cumin. Cook for 1-2 minutes until softened.



# 4. ADD THE VEGETABLES

Halve cherry tomatoes and remove corn kernels. Add to pan as you go along with drained black beans. Cook for 4-5 minutes. Remove from heat and stir through 1 tbsp olive oil and 1/2 tbsp vinegar. Season to taste with salt and pepper.



# **5. MAKE THE SOUR CREAM**

Tip the soaked cashews and liquid into a jug and blend until smooth and creamy. Season to taste with salt and pepper.

Roughly chop coriander (see notes).



### 6. FINISH AND SERVE

Serve warm salsa and spiced pumpkin onto plates. Top with sour cream and coriander to taste.

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



