



Product Spotlight: Coriander


All parts of the coriander are edible, including the stems and seed. It has a fresh, sweet, lemon, and nutty flavour that brings life to dishes.



12 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.

 30 minutes

 2 servings

 Plant-Based

1 April 2022

Mix it up!

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

Per serve: **PROTEIN** 28g **TOTAL FAT** 31g **CARBOHYDRATES** 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. SAUTÉ 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.

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