



### 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.



## 14 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

 4 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** 22g **TOTAL FAT** 22g **CARBOHYDRATES** 76g

## FROM YOUR BOX

RAW CASHEWS	150g
LEMON	1
BUTTERNUT PUMPKIN	1
RED ONION	1
CHERRY TOMATOES	1 bag (200g)
CORN COBS	2
TINNED BLACK BEANS	2 x 400g
CORIANDER	1 packet (60g)

## 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

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 **3/4 cup boiling water**, 1/2 lemon juice (wedge remaining), and **1 tbsp vinegar**. Allow to soak for 10 minutes.



### 2. ROAST THE PUMPKIN

Halve and cut pumpkin into 1-2 cm slices. 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 ONION

Heat a frypan over medium-high heat with **oil**. Slice and add onion along with **2 tsp cumin**. Cook for 3-4 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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