



Product Spotlight: Chickpea Couscous

Chickpea couscous is made from chickpea flour, making it naturally gluten-free! It is light, fluffy and great tossed through salads.



Peri Peri Pumpkin Bowl with Super Seeds

A nourishing bowl with roasted peri peri pumpkin on fluffy chickpea couscous served with fresh toppings and a lemon coriander dressing, finished with a sprinkle of super seeds.



30 minutes



4 servings



Plant-Based

29 September 2023

Switch to a Salad!

Any leftovers are great tossed together to make a delicious salad! Add some crispy chickpeas or nut cheese to bulk it out if needed.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	17g	35g	71g

FROM YOUR BOX

CHICKPEA COUSCOUS	200g
PERI PERI SPICE MIX	1 packet
LEMON	1
BUTTERNUT PUMPKIN	1
YELLOW CAPSICUM	1
CORIANDER	2 packets
CHERRY TOMATOES	1 packet (200g)
AVOCADOS	2
MESCLUN LEAVES	1 bag (120g)
SUPER SEEDS	2 packets

FROM YOUR PANTRY

olive oil, salt, pepper, maple syrup, apple cider vinegar

KEY UTENSILS

oven tray, saucepan with lid, stick mixer or blender

NOTES

Crumble in a stock cube or use liquid stock to cook couscous for extra flavour.

Peri peri spice mix: smoked paprika, ground coriander, dried oregano, brown sugar, ground onion powder, garlic powder.



1. COOK THE COUSCOUS

Set oven to 220°C.

Pour **400ml water** into a saucepan. Season with **salt and pepper** (see notes). Bring to a boil and remove from heat. Add couscous and stir to combine. Cover and leave to stand for 10 minutes.



2. ROAST THE VEGETABLES

Combine spice mix, juice from 1/2 lemon, **2 tbsp olive oil** and **salt** in a small bowl. Dice pumpkin (2-3cm) and slice capsicum. Toss all together on a lined oven tray. Roast in oven for 20-25 minutes until cooked through.



3. MAKE THE DRESSING

Roughly chop coriander. Blend together with remaining juice from 1/2 lemon, **1 tbsp maple syrup**, **2 tbsp vinegar** and **1/2 cup olive oil** using a stick mixer or blender. Season to taste with **salt and pepper**.



4. PREPARE THE COMPONENTS

Halve tomatoes and dice avocados. Set aside with mesclun leaves.



5. FINISH AND SERVE

Assemble bowls with couscous topped with roasted and fresh vegetables. Spoon over dressing to taste and sprinkle with super seeds.



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