



### Product Spotlight: Pumpkin

Also known as butternut squash, butternut pumpkin is a type of winter squash that grows on a vine. It has a sweet, nutty taste similar to that of pumpkin!



# Pumpkin Peanut Traybake with Tahini Dressing

Smoky and savoury roast pumpkin and eggplant, drizzled with a lemon and tahini dressing and sprinkled with roast peanuts, cucumber and coriander.

35 minutes

4 servings

Plant-Based

14 July 2023

**Make a rice salad!**  
*Any leftovers are delicious as a rice salad! Cut the pumpkin into smaller pieces and toss together with rice, vegetables and toppings. Add some baby spinach to bulk it out if needed!*

Per serve:	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CARBOHYDRATES</b>
	15g	23g	81g

## FROM YOUR BOX

BROWN RICE	300g
BUTTERNUT PUMPKIN	1
BABY EGGPLANTS	3
LEBANESE CUCUMBERS	2
CORIANDER	1 packet
RED CHILLI	1
HARVEST DRESSING	100g
PEANUT/SESAME SEED MIX	1 packet (70g)

## FROM YOUR PANTRY

oil for cooking, smoked paprika, soy sauce

## KEY UTENSILS

oven tray, saucepan

## NOTES

Roast the veggies on the top shelf of the oven for a more caramelised finish and quicker cook time.

Deseed the chilli if you prefer less heat.



### 1. COOK THE RICE

Set oven to 220°C.

Place rice in a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes, or until tender. Drain and rinse.



### 2. ROAST THE VEGETABLES

Slice pumpkin (1–2cm) and dice eggplants. Place on a lined oven tray. Combine **2 tbsp soy sauce**, **1 tbsp smoked paprika** and **2 tbsp oil** in a small bowl. Pour over vegetables and toss to coat. Roast for 20–25 minutes until cooked through (see notes).



### 3. PREPARE THE TOPPING

Deseed and slice cucumbers. Chop coriander and slice chilli (see notes). Toss together in a bowl.



### 4. PREPARE THE DRESSING

Loosen dressing with **2 tbsp water** to reach a drizzling consistency.



### 5. FINISH AND SERVE

Remove tray from oven and drizzle with dressing. Scatter over toppings and peanut/sesame seed mix. Serve with rice.



Scan the QR code to submit a Google review!

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](mailto:hello@dinnertwist.com.au)

