



Product Spotlight: Parsley

Flat leaf parsley is also known as Italian parsley. It has a stronger flavour than curly parsley and is a natural breath freshener!



Roast Pumpkin Hummus

with Falafels

Creamy roast pumpkin hummus served with crispy falafels, a fresh parsley tabbouleh, finished with harvest dressing and spiced dukkah.



40 minutes



2 servings



Plant-Based

Spice it up!

Stir harissa, smoked paprika, or a pinch of cayenne into the hummus or falafel mix. Add a sprinkle of chilli flakes or a drizzle of hot sauce to finish.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	19g	25g	110g

FROM YOUR BOX

BUTTERNUT PUMPKIN	1
FALAFEL MIX	1 packet
PARSLEY	1 packet
LEBANESE CUCUMBER	1
CHERRY TOMATOES	200g
GARLIC CLOVE	1
HARVEST DRESSING	100g
DUKKAH	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground cumin

KEY UTENSILS

oven tray, frypan, stick mixer or small food processor

NOTES

You can toss all ingredients together to make a warm roast pumpkin salad instead of hummus.

Loosen the harvest dressing with a splash of water if preferred.



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1. ROAST THE PUMPKIN

Set oven to 220°C.

Peel and dice **pumpkin**. Toss on a lined oven tray with **1 tbsp cumin, oil, salt and pepper**. Roast for 25 minutes until cooked through.



4. COOK THE FALAFELS

Heat frypan over medium-high with **oil**. Use **oiled** hands to shape **falafel mix** into 1 tbsp size balls. Add to pan and cook 1-2 minutes per side until golden. Cook in batches if needed.



2. PREPARE THE FALAFELS

Meanwhile, add **falafel mix** to a large bowl along with **170ml water**. Stir to combine and set aside.



5. BLEND THE HUMMUS

Chop **garlic**. Blend with **roast pumpkin** using stick mixer until smooth (add a little water if too thick). Season with **salt and pepper**.



3. PREPARE THE TABBOULEH

Chop **parsley, cucumber** and quarter **cherry tomatoes**. Toss together.



6. FINISH AND SERVE

Spoon **pumpkin hummus** onto plates. Top with **falafels, tabbouleh**, and drizzle with **harvest dressing** (see notes). Sprinkle with **dukkah**.

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