





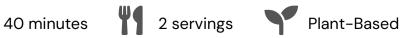
# **Roast Pumpkin Hummus**

# with Falafels

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







# 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.

TOTAL FAT CARBOHYDRATES

18g

36g

55g

#### 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.





#### 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.



#### 2. PREPARE THE FALAFELS

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



#### 3. PREPARE THE TABBOULEH

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



## 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.



## 5. BLEND THE HUMMUS

Chop garlic. Blend with roast pumpkin using stick mixer until smooth. Season with salt and pepper.



#### 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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