



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



4 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** 17g **TOTAL FAT** 32g **CARBOHYDRATES** 50g

FROM YOUR BOX

BUTTERNUT PUMPKIN	1
FALAFEL MIX	1 packet
ZUCCHINI	1
PARSLEY	2 packets
LEBANESE CUCUMBERS	2
CHERRY TOMATOES	200g
TINNED CHICKPEAS	400g
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**. Spoon 1 tbsp portions of **falafel mix** into pan. Cook 1–2 minutes per side until golden. Cook in batches if needed.



2. PREPARE THE FALAFELS

Meanwhile, grate **zucchini**. Add to a large bowl along with **falafel mix** and **3/4 cup water**. Stir to combine and set aside.



5. BLEND THE HUMMUS

Drain **chickpeas** and chop **garlic**. Blend with **roast pumpkin** using stick mixer until smooth. Season with **salt and pepper**.



3. PREPARE THE TABBOULEH

Chop **parsley, cucumbers** 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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