



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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!



2 Moroccan Beans with Chickpea Flatbread

A simple and flavourful dish of Moroccan beans with tomatoes, spinach and melted nut cheese, served with oven baked chickpea flatbreads.



40 minutes



2 servings



Plant-Based

10 August 2020

Spice it up!

Garnish with toasted nuts or seeds from the pantry. If you have some dukkah you could also use that to finish off the dish.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	30g	25g	111g

FROM YOUR BOX

CHICKPEA FLOUR	1 packet (150g)
BROWN ONION	1/2 *
BUTTERNUT PUMPKIN	1/2 *
RED CAPSICUM	1/2 *
CHERRY TOMATOES	1/2 bag (100g) *
BAKED BEANS	1 jar
ENGLISH SPINACH	1/2 bunch *
CASHEW CREAM CHEESE	1/2 jar *
CORIANDER	1/2 packet *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, ground turmeric, cumin seeds

KEY UTENSILS

oven tray, large frypan with lid

NOTES

The chickpea batter should be thick before you pour onto the lined tray. Use two large trays if needed.

An easy way to rinse the spinach is to trim the leaves and soak them in a bowl of water. All the sand will fall to the bottom of the bowl.



1. PREPARE THE FLATBREAD

Set oven to 180°C.

Whisk together chickpea flour and **3/4 cups water**. Set aside for 10 minutes. (see notes).



2. PREPARE THE VEGGIES

Chop onion, dice pumpkin and capsicum. Halve tomatoes. Set aside.



3. BAKE THE FLATBREADS

Line an oven tray and drizzle with **olive oil** (to prevent sticking). Pour chickpea batter onto tray and spread with spatula. Sprinkle with **cumin seeds** and **salt**. Bake for 20-25 minutes until golden and crisp around the edges.



4. SAUTÉ THE VEGETABLES

Meanwhile, heat a frypan over medium-high heat with **oil**. Add prepared veggies, **1/2 tsp turmeric** and **1/2 tsp cumin seeds**. Cook for 5 minutes until softened. Pour in beans and **3/4 cup water**. Cover and simmer for 15 minutes until pumpkin is tender.



5. ADD SPINACH & CHEESE

Rinse and chop spinach. Stir through beans and season with **salt and pepper** to taste. Spoon in small dollops of cream cheese.



6. FINISH AND PLATE

Garnish the beans with chopped coriander. Serve with flatbreads.

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**

