



Product Spotlight: Chickpeas

As a legume, chickpeas are considered both a vegetable and protein food, helping you hit two important food groups at once!



Pumpkin and Chickpea Laksa with Zucchini Noodles

Full of flavour, this laksa using Turban Chopsticks Laksa paste is delicious. Lots of vegetables, boosted with zucchini noodles, it is sure to be a winner.



30 minutes



2 servings



Plant-Based

Mix it up!

If you prefer noodles or rice with your laksa simply dice and add the zucchini to the roasting tray. You can add a little ground cumin for extra flavour when tossing with oil.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	25g	41g	132g

FROM YOUR BOX

BUTTERNUT PUMPKIN	1
TINNED CHICKPEAS	400g
BROWN ONION	1
LAKSA PASTE	1 jar
COCONUT MILK	400ml
ZUCCHINI	1
BEAN SHOOTS	1 bag
LIME	1
FRIED SHALLOTS/PEANUTS	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, soy sauce or tamari

KEY UTENSILS

oven tray, saucepan

NOTES

We choose to leave the skin on our pumpkin but if you prefer you can peel it before dicing.

If you have kaffir lime leaves, lemongrass or other Asian aromatics you can add them to the broth for added flavour.

If you like your noodles warm you can boil the kettle and pour over the noodles for a minute to warm them up.



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1. ROAST THE PUMPKIN

Set oven to 220°C. Dice **pumpkin** (use to taste, see notes) and drain **chickpeas**. Toss together on a lined oven tray with **oil**, **salt and pepper**. Roast for 15–20 minutes.



2. MAKE THE BROTH

Heat a large saucepan with **oil**. Slice and add **onion**. Cook for 4–5 minutes until softened. Add **laksa paste**, fry for a further 2 minutes then add **coconut milk**, **1/2 tin of water** and **1/2 tbsp soy sauce**. Simmer, semi-covered for 10 minutes (see notes).



3. MAKE THE NOODLES

Spiralize, julienne or ribbon the **zucchini** to make the noodles (see notes). Set aside.



4. ADD THE PUMPKIN

Add the roasted pumpkin, chickpeas and 1/2 the **bean shoots** into broth. Return to a simmer. Season with juice from 1/2 **lime** (wedge remaining), **soy sauce and pepper**.



5. FINISH AND SERVE

Serve noodles into bowls. Top with broth and garnish with bean shoots, **fried shallot/peanut mix** and a lime wedge.

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