



### Product Spotlight: Coriander

All parts of the coriander are edible, including the stems and seed. It has a fresh, sweet, lemon, and nutty flavour that brings life to dishes.



## Spiced Pumpkin with Warm Black Bean Salsa

Sweet butternut pumpkin roasted with spices and a dash of maple syrup. Served with warm black bean, corn and tomato salsa. Finished with cashew sour cream and coriander.



30 minutes



2 servings



Plant-Based

## Mix it up!

*Dice the pumpkin and add smoked paprika when roasting. Serve in wraps or tacos with salsa, cashew sour cream and coriander!*

Per serve: **PROTEIN** 22g **TOTAL FAT** 21g **CARBOHYDRATES** 85g

## FROM YOUR BOX

|                    |          |
|--------------------|----------|
| RAW CASHEWS        | 80g      |
| LEMON              | 1        |
| BUTTERNUT PUMPKIN  | 1        |
| MEXICAN SPICE MIX  | 1 packet |
| SHALLOT            | 1        |
| CHERRY TOMATOES    | 200g     |
| CORN COB           | 1        |
| TINNED BLACK BEANS | 400g     |
| CORIANDER          | 1 packet |

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, apple cider vinegar, maple syrup

## KEY UTENSILS

large frypan, oven tray, stick mixer or small processor, kettle

## NOTES

Stir some of the coriander through the sour cream if desired.

*Mexican spice mix: smoked paprika, ground cumin, dried oregano.*



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### 1. SOAK THE CASHEWS

Set oven to 220°C, and boil the kettle.

Place **cashews** in a bowl with **1/2 cup boiling water**, **1/2 lemon juice** (wedge remaining), and **1/2 tbsp vinegar**. Leave to soak for 10 minutes.



### 2. ROAST THE PUMPKIN

Halve and cut **pumpkin** into 1–2 cm slices. Toss on a lined oven tray with **3 tsp Mexican spice mix**, **2 tsp maple syrup**, **oil**, **salt** and **pepper**. Roast for 20–25 minutes until golden and tender.



### 3. SAUTÉ THE SHALLOT

Heat a frypan over medium–high heat with **oil**. Slice and add **shallot** along with **remaining spice mix**. Cook for 3–4 minutes until softened (add more **oil** if needed).



### 4. ADD THE VEGETABLES

Halve **cherry tomatoes** and remove **corn kernels**. Add to pan as you go along with drained **black beans**. Cook for 4–5 minutes. Remove from heat and stir through **1 tbsp olive oil** and **1/2 tbsp vinegar**. Season to taste with **salt** and **pepper**.



### 5. MAKE THE SOUR CREAM

Tip the **soaked cashews** and **liquid** into a jug and blend until smooth and creamy. Season to taste with **salt** and **pepper**.

Roughly chop **coriander** (see notes).



### 6. FINISH AND SERVE

Serve warm **salsa** and **spiced pumpkin** onto plates. Top with **sour cream** and **coriander** to taste.

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