




### 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

 4 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** 26g **TOTAL FAT** 36g **CARBOHYDRATES** 102g

## FROM YOUR BOX

|                        |          |
|------------------------|----------|
| BUTTERNUT PUMPKIN      | 1        |
| TINNED CHICKPEAS       | 2 x 400g |
| BROWN ONION            | 1        |
| LAKSA PASTE            | 1 jar    |
| COCONUT MILK           | 400ml    |
| ZUCCHINI               | 2        |
| 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** and drain **chickpeas** (see notes). Toss together on a lined oven tray with **oil, salt and pepper**. Cook 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 tin of water and 1 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.

**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**

