



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



4/6 servings



Plant-Based

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.



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	TOTAL FAT	CARBOHYDRATES
4/6 Person:	24g	17g	93g

FROM YOUR BOX

	4 PERSON	6 PERSON
RAW CASHEWS	150g	150g + 80g
LEMON	1	1
BUTTERNUT PUMPKIN	1	2
MEXICAN SPICE MIX	1 packet	2 packets
RED ONION	1	2
CHERRY TOMATOES	200g	2 x 200g
CORN COBS	2	3
TINNED BLACK BEANS	2 x 400g	2 x 400g
CORIANDER	2 packets	2 packets



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

Preheat oven to 220°C. Boil kettle. Soak cashews in **3/4 cup boiling water, juice of 1/2 lemon** (wedge remaining), and **1 tbsp vinegar** for 10 minutes.

6P – cover cashews with 1 1/4 cup boiling water, juice of 1 lemon and 1 1/2 tbsp vinegar.



4. ADD THE VEGETABLES

Halve **cherry tomatoes** and remove **corn kernels**. Add to pan with drained **black beans**. Cook 4–5 minutes, remove from heat and stir in **1 tbsp olive oil** and **1/2 tbsp vinegar**. Season to taste.

6P – stir through 2 tbsp olive oil and 1 tbsp vinegar.

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.

6P – use 1 1/2-2 pumpkins depending on the size.



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).

3. SAUTÉ THE ONION

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



6. FINISH AND SERVE

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

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