

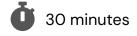




# **Spiced Pumpkin**

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.







# Mix it up!

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

#### FROM YOUR BOX

RAW CASHEWS	150g
LEMON	1
BUTTERNUT PUMPKIN	1
MEXICAN SPICE MIX	1 packet
RED ONION	1
CHERRY TOMATOES	200g
CORN COBS	2
TINNED BLACK BEANS	2 x 400g
CORIANDER	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.





### 1. SOAK THE CASHEWS

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

Place cashews in a bowl with 3/4 cup boiling water, 1/2 lemon juice (wedge remaining), and 1 tbsp vinegar. Allow 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 <u>3 tsp</u> <u>Mexican spice mix</u>, <u>2 tsp maple syrup</u>, oil, salt and pepper. Roast for 20-25 minutes until golden and tender.



# 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).



## 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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