




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

 4 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** 22g **CARBOHYDRATES** 76g

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.



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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 **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 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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