



Product Spotlight: Pumpkin

Also known as butternut squash, butternut pumpkin is a type of winter squash that grows on a vine. It has a sweet, nutty taste similar to that of pumpkin!



Pumpkin Traybake

with Tahini Dressing

Smoky and savoury roast pumpkin and eggplant, drizzled with a lemon and tahini dressing and sprinkled with roast peanuts, cucumber and coriander.



35 minutes



2 servings



Plant-Based

Make a rice salad!

Any leftovers are delicious as a rice salad! Cut the pumpkin into smaller pieces and toss together with rice, vegetables and toppings. Add some baby spinach to bulk it out if needed!

Per serve: **PROTEIN** 15g **TOTAL FAT** 20g **CARBOHYDRATES** 107g

FROM YOUR BOX

BROWN RICE	150g
BUTTERNUT PUMPKIN	1
EGGPLANT	1
LEBANESE CUCUMBER	1
CORIANDER	1 packet
RED CHILLI	1
HARVEST DRESSING	100g
PEANUT/SESAME SEED MIX	1 packet

FROM YOUR PANTRY

oil for cooking, smoked paprika, soy sauce

KEY UTENSILS

oven tray, saucepan

NOTES

You can roast the whole pumpkin and save any extra serves for lunch the next day! If you roast 1/2 the pumpkin (for 2 serves), halve the soy sauce and smoked paprika marinade.

Roast the veggies on the top shelf of the oven for a more caramelised finish and quicker cook time.

Deseed the chilli if you prefer less heat.



1. COOK THE RICE

Set oven to 220°C.

Place **rice** in a saucepan and cover with water. Bring to a boil and simmer for 20 minutes, or until tender. Drain and rinse.



2. ROAST THE VEGETABLES

Slice **pumpkin** (1-2cm) and dice **eggplant** (use to taste, see notes). Place on a lined oven tray. Combine **2 tbsp soy sauce**, **1 tbsp smoked paprika** and **2 tbsp oil** in a small bowl. Pour over vegetables and toss to coat. Roast for 20-25 minutes until cooked through (see notes).



3. PREPARE THE TOPPING

Deseed and slice **cucumber**. Chop **coriander** and slice **chilli** (see notes). Toss together in a bowl.



4. PREPARE THE DRESSING

Loosen **dressing** with **2 tbsp water** to reach a drizzling consistency.



5. FINISH AND SERVE

Remove tray from oven and drizzle with **dressing**. Scatter over **toppings** and **peanut/sesame seed mix**. Serve with **rice**.



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