




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 Peanut 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

 4 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** 23g **CARBOHYDRATES** 81g

FROM YOUR BOX

BROWN RICE	300g
BUTTERNUT PUMPKIN	1
BABY EGGPLANTS	3
LEBANESE CUCUMBERS	2
CORIANDER	1 packet
RED CHILLI	1
HARVEST DRESSING	100g
PEANUT/SESAME SEED MIX	1 packet (70g)

FROM YOUR PANTRY

oil for cooking, smoked paprika, soy sauce

KEY UTENSILS

oven tray, saucepan

NOTES

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 15–20 minutes, or until tender. Drain and rinse.



2. ROAST THE VEGETABLES

Slice pumpkin (1–2cm) and dice eggplants. 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 cucumbers. 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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