



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** 17g **TOTAL FAT** 20g **CARBOHYDRATES** 86g

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

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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