



### Product Spotlight: Butternut Pumpkin

Just 1/2 cup of cooked pumpkin provides 100% RDI of vitamin A. This particular vitamin assists with healthy vision, good skin and strong bones!



## 4 Pumpkin and Kidney Bean Hash with Avocado Salsa

Butternut pumpkin caramelised from roasting in the oven, hearty red kidney beans and sautéed kale in a hash, served with a fresh and zingy avocado salsa.

 30 mins

 2 servings

 Plant-Based

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### Mix it up!

*If you have any other root vegetables going unused, dice them and add them to the roasting tray to bulk out your hash.*

Per serve: **PROTEIN** 25g **TOTAL FAT** 19g **CARBOHYDRATES** 99g

## FROM YOUR BOX

BUTTERNUT PUMPKIN	1/2 *
AVOCADO	1
TOMATO	1
RED ONION	1/2 *
RED KIDNEY BEANS	1 tin
KALE	1 bunch

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, rice wine vinegar, ground cumin

## KEY UTENSILS

large frypan, saucepan

## NOTES

We recommend leaving the skin on your pumpkin as this is where you will get caramelisation when you roast.

Most of our veggies come pre-washed, but it's always good to give them an extra rinse.



### 1. ROAST PUMPKIN

Set oven to 220°C.

Cut pumpkin into 3cm cubes (see notes). Toss on a lined oven tray with **oil, salt and pepper**. Roast for 20–25 minutes.



### 2. PREPARE DRESSING

In a bowl, whisk together **1/2 tbsp olive oil, 1 tsp rice wine vinegar, salt and pepper**.



### 3. MAKE THE SALSA

Dice the avocado, tomato and red onion. Toss in a bowl with prepared dressing.



### 4. PREPARE HASH

Drain and rinse kidney beans. Remove kale leaves from stem and roughly chop.



### 5. COOK THE HASH

Heat a frypan over medium–high heat. Add **1/2 tbsp cumin** and kale leaves, sauté for 3–4 minutes. Add kidney beans and press into pan to squish them slightly, cook for further 5 minutes to get a slight crisp to the beans. Stir through pumpkin.



### 6. FINISH AND PLATE

Divide hash evenly among plates and top with salsa.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

