



Product Spotlight: Pumpkin

Unlike many other vegetables, pumpkin is healthier when cooked! Cooking increases the bioavailability of the nutrients found in pumpkin.



4 Asian Pumpkin & Red Rice Salad

Cumin roasted pumpkin tossed with red rice, fresh Asian greens, avocado and a chilli lime dressing, finished with crispy fried shallots.

 30 minutes

 2 servings

 Plant-Based

9 November 2020

Mix it up!

You can transform this dish into a nourish bowl instead. Divide rice among bowls and top with roast pumpkin, charred Asian greens and avocado. Garnish with coriander, chilli and shallots. Serve with lime dressing.

Per serve: **PROTEIN** 14g **TOTAL FAT** 29g **CARBOHYDRATES** 113g

FROM YOUR BOX

RED RICE	150g
BUTTERNUT PUMPKIN	1/2 *
RED CHILLI	1
LIME	1
CORIANDER	1/2 packet *
ASIAN GREENS	2 bulbs
AVOCADO	1
FRIED SHALLOTS	1 packet (30g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, soy sauce (or tamari), ground cumin

KEY UTENSILS

saucepan, oven tray

NOTES

Use sesame oil for the dressing if you have some.

Trim and and rinse Asian greens to remove any sand before slicing.



1. COOK THE RICE

Set oven to 220°C.

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15–20 minutes until tender. Drain and rinse.



2. ROAST THE PUMPKIN

Dice pumpkin and toss on a lined oven tray with **1 tsp cumin, oil, salt and pepper**. Roast for 20–25 minutes until cooked through.



3. PREPARE THE DRESSING

Deseed and chop chilli. Whisk together with lime zest, juice, **1 tbsp soy sauce** and **2 tbsp olive oil** (see notes). Set aside.



4. PREPARE THE SALAD

Chop coriander. Slice Asian greens and avocado (see notes).



5. TOSS THE SALAD

Toss salad with cooked rice, pumpkin and dressing.



6. FINISH AND PLATE

Divide salad among bowls and garnish with fried shallots.

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**

