



### 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

 4 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** 11g **TOTAL FAT** 24g **CARBOHYDRATES** 90g

## FROM YOUR BOX

RED RICE	300g
BUTTERNUT PUMPKIN	1/2 *
RED CHILLI	1
LIME	1
CORIANDER	1/2 packet *
ASIAN GREENS	1 bunch
AVOCADOS	2
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, red wine vinegar

## 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 vinegar, 2 tbsp soy sauce** and **3 tbsp olive oil** (see notes). Set aside.



### 4. PREPARE THE SALAD

Chop coriander. Slice Asian greens and avocados (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**

