




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

 4 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** 21g **TOTAL FAT** 10g **CARBOHYDRATES** 89g

FROM YOUR BOX

BUTTERNUT PUMPKIN	1
AVOCADO	1
TOMATOES	2
RED ONION	1/2 *
RED KIDNEY BEANS	2 tins
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, oven tray

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, tomatoes 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 a 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**

