



Roast Butternut Pilaf

A vibrant vegetarian pilaf with spiced butternut pumpkin, capsicum, and toasted walnuts, tossed through hearty brown rice with fresh mint and orange.



40 minutes



2 servings



Vegetarian

FROM YOUR BOX

BROWN RICE	150g
BUTTERNUT PUMPKIN	1
RED CAPSICUM	1
WALNUTS	60g
ORANGE	1
SPRING ONIONS	1 bunch
MINT	1 bunch
GARLIC CLOVE	1
NATURAL YOGHURT	1 tub

FROM YOUR PANTRY

oil for cooking, salt and pepper, red wine vinegar

NOTES

Use pumpkin to taste. We recommend 2 cups diced pumpkin for 2 serves.

Add some chickpeas or crumbled feta cheese for extra protein.

1. COOK THE RICE

Set oven to 220°C.

Place **rice** in a saucepan with plenty of water. Bring to boil, then reduce heat and simmer for 20–25 minutes or until tender. Drain and set aside.

2. ROAST THE VEGETABLES

Dice **pumpkin** (1–2cm) and slice **capsicum** (see notes). Toss with **1–2 tbsp spice** of choice (see tip) **olive oil**, **salt**, **pepper** on a lined oven tray. Roast for 20–25 minutes until tender. Chop and add **walnuts** to tray for last 5 minutes to toast.

TIP *You can use a ground spice such as cumin, coriander or garam masala. A curry paste such as tandoori or harissa will also work well! Peel the butternut if you prefer.*

3. PREPARE COMPONENTS

Meanwhile, whisk together **orange zest and juice** with **1 tbsp vinegar** and **1 tbsp olive oil** in a large salad bowl to make a dressing. Season with **salt and pepper**. Finely slice **spring onions** and **mint leaves**, add to bowl.

Crush **garlic** and stir through **yoghurt** to make a creamy dollop.

TIP *You can add other spices such as toasted cumin seeds or a spoonful of curry paste to the yoghurt for added flavour.*

4. FINISH AND SERVE

Toss cooked **brown rice** with roasted **vegetables**, **orange dressing**, **spring onions**, **mint**, and **walnuts**. Divide among plates and top with a spoonful of **garlic yoghurt**.

This recipe has simplified instructions to help lower your meal cost.