



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Roast Pumpkin and Feta Burgers

Golden roasted pumpkin slices topped with warm feta, fresh tomato and creamy smashed avocado in a soft burger bun.



35 minutes



Vegetarian



4/6 servings

FROM YOUR BOX

	4 PERSON	6 PERSON
BUTTERNUT PUMPKIN	1	2
AVOCADOS	2	3
TOMATOES	2	3
ROCKET LEAVES	60g	120g
FETA	200g	2 x 200g
BURGER BUNS	4	6

FROM YOUR PANTRY

oil for cooking, salt and pepper, ground cumin, sweet chilli sauce (optional)

NOTES

Use pumpkin to taste. One pumpkin round to each burger works well. You can dice or slice the remaining and have on the side or save the remaining for another dish.

Add sliced red onion or cucumber for extra crunch. Serve the components as a salad bowl instead of a burger if preferred.

No gluten option – burger buns are replaced with GF burger buns.

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1. ROAST THE PUMPKIN

Set oven to 220°C.

Slice **pumpkin** (see notes) into 2–3cm rounds and place on a lined baking tray. Drizzle with **oil** and season with **1 tbsp cumin, salt and pepper**. Roast for 25–30 minutes, turning halfway, until golden and tender.

6P – use 1 1/2 tbsp cumin.

TIP *Swap ground cumin for smoked paprika, za'atar or add a pinch of chilli flakes for a different flavour profile.*

2. PREPARE THE TOPPINGS

Roughly smash **avocados** and season with **salt and pepper**. Slice **tomatoes** and set aside with **rocket leaves**.

TIP *Add a squeeze of lemon or a pinch of dried chilli flakes from your pantry for extra zing.*

3. WARM THE FETA AND TOAST THE BUNS

In the last 5 minutes of roasting, slice and lay **feta** evenly over **pumpkin rounds**. Return to oven for 5 minutes until warmed through. Split **burger buns** and place cut-side down in a dry frypan over medium heat for 1–2 minutes until lightly toasted (optional).

TIP *You can smash the feta into the avocado if preferred.*

4. FINISH AND SERVE

Fill burger buns with **smashed avocado, pumpkin and feta rounds**, sliced **tomato** and **rocket**. Drizzle with **sweet chilli sauce** and serve.

TIP *You can add a dollop of pesto or aioli to the burgers for more flavour.*

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