



Pumpkin Saganaki

Tender roasted pumpkin and Mediterranean vegetables in a rich tomato sauce, topped with crumbled feta and fresh dill.



40 minutes



4 servings



Vegetarian

FROM YOUR BOX

BUTTERNUT PUMPKIN	1
BASMATI RICE	300g
RED ONION	1
RED CAPSICUM	1
ZUCCHINI	1
TINNED CHOPPED TOMATOES	400g
FETA CHEESE	200g
DILL	1 packet

FROM YOUR PANTRY

oil for cooking, salt and pepper, ground spice of choice

NOTES

You can stir through a tin of chickpeas or lentils for a heartier meal with a boost of protein.

1. ROAST THE PUMPKIN

Preheat oven to 220°C. Dice **pumpkin** (2–3cm). Toss with **oil, salt, pepper** and a pinch of ground spice (see tip) on a lined oven tray and roast for 25–30 minutes, or until golden and tender.

TIP *We added a pinch of ground cinnamon and ginger. You could use ground nutmeg or all spice. Ground cumin, smoked paprika and dried chilli flakes can also be used.*

2. COOK THE RICE

Place **rice** in a saucepan, cover with **600ml water**. Cover with a lid and bring to a boil. Reduce to medium–low heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.

TIP *Cook the rice with vegetable stock for extra flavour.*

3. SIMMER THE SAUCE

Slice **red onion, capsicum**, and **zucchini**. Heat a large frypan over medium–high heat with **oil**. Add vegetables and cook for 5–7 minutes until softened. Stir in **tinned chopped tomatoes**. Season with **salt and pepper** (see tip). Simmer for 8–10 minutes until slightly thickened.

TIP *You can add a splash of balsamic vinegar or a crumbled stock cube for a boost of flavour.*

1–2 tsp dried oregano or mint can also be added. Sweeten the sauce with 1/2 tbsp sugar or honey if preferred.

4. FINISH AND SERVE

Stir roasted pumpkin through sauce until coated. Crumble **feta cheese** over top and cover for 1–2 minutes to let it melt slightly. Chop **dill** and scatter over the top. Serve warm over rice.

TIP *For extra richness, drizzle with olive oil before serving.*

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