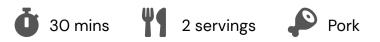


## Product Spotlight: Butternut Pumpkin

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!

# 3 Pumpkin and Chorizo Hash with Avocado Salsa

Butternut pumpkin caramelised from roasting in the oven, smoky chorizo and sautéed kale in a hash, served with a fresh and zingy avocado salsa and soft cheese crumbled over the top.



Mix it up!

Serve your hash with a sunny-side up fried egg if you want to add an extra element to this dish.

#### FROM YOUR BOX

BUTTERNUT PUMPKIN	1/2 *
AVOCADO	1
ΤΟΜΑΤΟ	1
RED ONION	1/2 *
CHORIZO	1 pack
KALE	1 bunch
GOATS CHEESE	1/2 packet *

\*Ingredient also used in another recipe

#### FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, rice wine vinegar

#### **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.

No pork option – chorizo is replaced with smoked chicken. Smoked chicken requires no cooking, just toss in the pan with 1 tsp paprika (smoked is preferred) and stir through the sautéed kale and roasted pumpkin.



## **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, tomato and red onion. Toss in a bowl with prepared dressing.



# **4. PREPARE HASH**

Dice the chorizo, remove kale leaves from the stem and roughly chop.



## **5. COOK THE HASH**

Heat a frypan over medium-high heat with oil. Add chorizo and kale, season with **salt and pepper**. Cook for 5-8 minutes. Add roasted pumpkin.



## **6. FINISH AND PLATE**

Divide hash evenly among plates, crumble over goats cheese and serve with salsa.

