




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.

 30 mins

 4 servings

 Pork

23 April 2021

Mix it up!

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

Per serve: **PROTEIN** 29g **TOTAL FAT** 29g **CARBOHYDRATES** 44g

FROM YOUR BOX

BUTTERNUT PUMPKIN	1
AVOCADO	1
TOMATOES	2
RED ONION	1/2 *
CHORIZO	2 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 **2 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 tbsp olive oil, 2 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

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.

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

