



Chermoula Chickpea & Pumpkin Buddha Bowl

with Leafy Greens, Quick-Pickled Cabbage & Garlic Dip

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Peeled Pumpkin Pieces



Garlic & Herb Seasoning



Garlic



Radish



Chickpeas



Shredded Cabbage Mix



Chermoula Spice Blend



Tomato Paste



Roasted Almonds



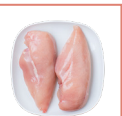
Spinach & Rocket Mix



Garlic Dip



Coriander



Chicken Breast

Prep in: 20-30 mins
Ready in: 30-40 mins



Eat Me Early^
^Custom Recipe only



Plant Based*
*Custom Recipe is not Plant Based

This bowl full of nourishment will leave you feeling satisfied and energised in equal measure. Between crunchy cabbage, roasted pumpkin and tasty chickpeas, every bite is a delight. Our favourite flourish is the dressing of rich garlic dip drizzled on top.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, White Wine Vinegar, Plant-Based Butter, Brown Sugar

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
peeled pumpkin pieces	1 packet (200g)	1 packet (400g)
garlic & herb seasoning	1 sachet	1 sachet
garlic	2 cloves	4 cloves
radish	2	3
chickpeas	1 tin	2 tins
shredded cabbage mix	1 bag (150g)	1 bag (300g)
white wine vinegar*	drizzle	drizzle
chermoula spice blend	1 sachet	1 sachet
tomato paste	1 packet	2 packets
water*	¼ cup	½ cup
plant-based butter*	20g	40g
brown sugar*	pinch	pinch
roasted almonds	1 packet	2 packets
spinach & rocket mix	1 medium bag	1 large bag
garlic dip	1 medium packet	1 large packet
coriander	1 bag	1 bag
chicken breast**	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3019kJ (722Cal)	563kJ (135Cal)
Protein (g)	26.2g	4.9g
Fat, total (g)	36.9g	6.9g
- saturated (g)	8g	1.5g
Carbohydrate (g)	58.7g	10.9g
- sugars (g)	15.9g	3g
Sodium (mg)	1480mg	276mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3778kJ (903Cal)	543kJ (130Cal)
Protein (g)	58.7g	8.4g
Fat, total (g)	42.5g	6.1g
- saturated (g)	9.7g	1.4g
Carbohydrate (g)	58.7g	8.4g
- sugars (g)	15.9g	2.3g
Sodium (mg)	1578mg	227mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



Roast the pumpkin

- Preheat oven to **220°C/200°C fan-forced**.
- Place **peeled pumpkin pieces** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **garlic & herb seasoning** and season with **salt**.
- Toss to coat, spread out evenly, then roast until tender, **20-25 minutes**.



Cook the chickpeas

- Add **chickpeas**, the **water**, **plant-based butter** and a pinch of **brown sugar** and cook until slightly thickened, **3-4 minutes**.



Get prepped

- Meanwhile, finely chop **garlic**. Thinly slice **radish**. Drain and rinse **chickpeas**.
- In a medium bowl, combine **shredded cabbage mix**, **radish**, a good pinch of **sugar** and **salt** and a drizzle of **white wine vinegar**. Set aside to pickle.

Custom Recipe: If you've added chicken breast to your meal, cut chicken into 2cm chunks.



Bring it all together

- While the chickpeas are cooking, roughly chop **roasted almonds**.
- When the **pumpkin** is done, add **spinach & rocket mix** and a drizzle of **white wine vinegar** to the tray. Toss to combine.



Cook the aromatics

- When the pumpkin has **10 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- Cook **garlic**, **chermoula spice blend** and **tomato paste**, until fragrant, **1-2 minutes**.

Custom Recipe: Before cooking the aromatics, heat the frying pan over high heat with a drizzle of olive oil. Cook chicken, tossing occasionally, until cooked through, 5-6 minutes. Reduce heat to medium-high, then continue with step.



Serve up

- Divide chermoula chickpeas, pumpkin toss and quick-pickled cabbage salad between bowls.
- Drizzle over **garlic dip** and top with roasted almonds. Tear over **coriander** to serve. Enjoy!

Rate your recipe

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