

# Chermoula Chickpea & Pumpkin Buddha Bowl

with Leafy Greens, Quick-Pickled Cabbage & Garlic Sauce

Grab your Meal Kit with this symbol



Peeled Pumpkin Pieces



Garlic & Herb Seasoning



Slivered Almonds



Garlic



Radish



Chickpeas



Shredded Cabbage Mix



Chermoula Spice Blend



Tomato Paste



Spinach & Rocket Mix



Garlic Dip



Coriander



Chicken Breast

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



Plant Based<sup>^</sup>  
<sup>^</sup>Custom Recipe is not Plant Based



Eat Me Early\*  
\*Custom Recipe only

This nourishing bowl 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
<b>olive oil*</b>	refer to method	refer to method
peeled pumpkin pieces	1 bag (200g)	1 bag (400g)
garlic & herb seasoning	1 medium sachet	1 large sachet
slivered almonds	1 packet	2 packets
garlic	2 cloves	4 cloves
radish	2	3
chickpeas	1 tin	2 tins
shredded cabbage mix	1 bag (150g)	1 bag (300g)
<b>white wine vinegar*</b>	drizzle	drizzle
chermoula spice blend	1 sachet	1 sachet
tomato paste	1 packet	2 packets
<b>water*</b>	¼ cup	½ cup
<b>plant-based butter*</b>	20g	40g
<b>brown sugar*</b>	pinch	pinch
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 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## 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)	3764kJ (900Cal)	541kJ (129Cal)
Protein (g)	59.3g	8.5g
Fat, total (g)	42.1g	6g
- saturated (g)	9.5g	1.4g
Carbohydrate (g)	59.5g	8.5g
- sugars (g)	16g	2.3g
Sodium (mg)	1579mg	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://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 & almonds

- 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**.
- In the last **5 minutes**, remove tray from the oven, then add **slivered almonds**. Return to oven and continue roasting until toasted.



## 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 the **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

- When the pumpkin and almonds are 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, nutty pumpkin toss and quick-pickled cabbage salad between bowls.
- Drizzle with **garlic dip** and tear over **coriander** leaves to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)