

# Chermoula Bean & Pumpkin Buddha Bowl

with Zingy Radish Slaw & Garlic Dip

AIR FRYER FRIENDLY

Grab your meal kit with this number

7



**Recipe Update**

We've replaced the chickpeas in this recipe with cannellini beans due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

-  Peeled Pumpkin Pieces
-  Garlic & Herb Seasoning
-  Roasted Almonds
-  Garlic
-  Radish
-  Cannellini Beans
-  Shredded Cabbage Mix
-  Chermoula Spice Blend
-  Tomato Paste
-  Spinach & Rocket Mix
-  Garlic Dip
-  Coriander
-  +  
Diced Chicken
-  +  
Beef Rump

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

Calorie Smart

Plant Based

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

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

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

*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 small packet	1 medium packet
garlic & herb seasoning	1 medium sachet	1 large sachet
roasted almonds	1 packet	2 packets
garlic	2 cloves	4 cloves
radish	2	3
cannellini beans	1 tin	2 tins
shredded cabbage mix	1 medium packet	1 large packet
<b>white wine vinegar*</b>	drizzle	drizzle
chermoula spice blend	1 medium sachet	1 large 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 packet	1 large packet
garlic dip	1 medium packet	1 large packet
coriander	1 packet	1 packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2694kJ (644Cal)	502kJ (120Cal)
Protein (g)	21.3g	4g
Fat, total (g)	38g	7.1g
- saturated (g)	8.6g	1.6g
Carbohydrate (g)	45.1g	8.4g
- sugars (g)	17.5g	3.3g
Sodium (mg)	1476mg	275mg
Dietary Fibre (g)	17g	3.2g

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

2024 | CW26



## Air fry the pumpkin

- Set your air fryer to **200°C**.
- Place **peeled pumpkin pieces** into the air fryer basket. Drizzle with **olive oil**, sprinkle with **garlic & herb seasoning** and season with **salt**. Cook for **10 minutes**.
- Shake the basket, then add **roasted almonds** and cook until tender, a further **5-10 minutes**.

**TIP:** No air fryer? Preheat oven to 220°C/200°C fan-forced. Place peeled pumpkin pieces on a lined oven tray and flavour with olive oil, seasoning and salt as above. Toss to coat, spread out evenly, then roast until tender, 20-25 minutes. In the last 5 minutes, add roasted almonds.



## Cook the cannellini beans

- Add **cannellini beans**, 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 **cannellini beans**.
- 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.



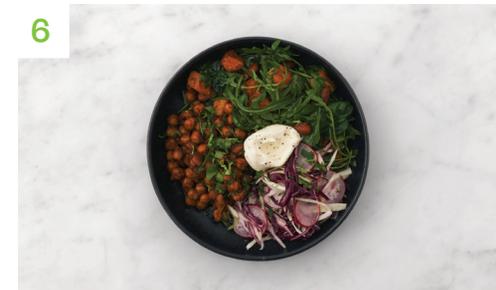
## Bring it all together

- When the **pumpkin** is done, transfer to a large bowl. 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**.
- **SPICY!** This is a mild spice blend, but use less if you're sensitive to heat. Cook **garlic**, **chermoula spice blend** and **tomato paste** until fragrant, **1-2 minutes**.



## Serve up

- Divide chermoula beans, nutty pumpkin toss and zingy radish slaw between bowls.
- Top with a dollop of **garlic dip** and tear over **coriander** to serve. Enjoy!

## CUSTOM OPTIONS



### ADD DICED CHICKEN

Cook until cooked through, 4-6 minutes.



### ADD BEEF RUMP

Slice into strips. Cook turning, for 4-6 minutes for medium.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

