

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 |
|----------------------------|-----------------|-----------------|
| olive oil* | 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 |
| white wine vinegar* | drizzle | drizzle |
| chermoula spice blend | 1 medium sachet | 1 large sachet |
| tomato paste | 1 packet | 2 packets |
| water* | ¼ cup | ½ cup |
| plant-based butter* | 20g | 40g |
| brown sugar* | 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 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.

