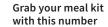


# Chermoula Chickpea & Pumpkin Buddha Bowl

with Zingy Radish Slaw & Garlic Dip

AIR FRYER FRIENDLY









Garlic & Herb Seasoning







Radish





**Roasted Almonds** 





Shredded Cabbage

Chermoula Spice Blend



Tomato Paste

Spinach & Rocket





Garlic Dip

Coriander







**Plant Based** 





### 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

Air fryer or oven tray lined with baking paper · Large frying pan

## Ingredients

9		
	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
garlic	2 cloves	4 cloves
radish	2	3
roasted almonds	1 packet	2 packets
chickpeas	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*	1/4 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

<sup>\*</sup>Pantry Items

### Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2697kJ (644Cal)	503kJ (120Cal)
Protein (g)	21.3g	4g
Fat, total (g)	37.8g	7g
- saturated (g)	8.4g	1.6g
Carbohydrate (g)	45.9g	8.6g
- sugars (g)	17.8g	3.3g
Sodium (mg)	1319mg	246mg
Dietary Fibre (g)	17.1g	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.



# Cook 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 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.



### Get prepped

- Meanwhile, finely chop garlic.
- · Thinly slice radish.
- · Roughly chop roasted almonds.
- · 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.



### 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.



### Cook the chickpeas

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



### Bring it all together

- When the **pumpkin** is done, transfer to a large howl.
- Add spinach & rocket mix and a drizzle of white wine vinegar. Toss to combine.



### Serve up

- Divide chermoula chickpeas, pumpkin toss and zingy radish slaw between bowls.
- Top with a dollop of garlic dip and sprinkle with roasted almonds.
- Tear over **coriander** to serve. Enjoy!



**CUSTOM** 

**OPTIONS** 



We're here to help!