



Chermoula Chickpea & Pumpkin Buddha Bowl

with Zingy Radish Slaw & Garlic Dip

AIR FRYER FRIENDLY

Grab your meal kit with this number

7



Peeled Pumpkin Pieces



Garlic & Herb Seasoning



Garlic



Radish



Roasted Almonds



Chickpeas



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 chickpeas, every bite is a delight. Our favourite flourish is the rich garlic dip dolloped on top.

Pantry items

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

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

	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*	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)	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](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

2024 | CW35



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.



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**.
- 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.



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**. 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 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

+ ADD DICED CHICKEN

In a large frying pan, cook with a drizzle of olive oil until browned and cooked through, 3-4 minutes.

+ ADD BEEF RUMP

Cook, turning, for 4-6 minutes for medium. Rest then slice before serving.

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

