



Caribbean Jerk Pumpkin & Black Bean Salad

with Feta & Shredded Coconut

Grab your Meal Kit with this symbol



Peeled & Chopped Pumpkin



Mild Caribbean Jerk Seasoning



Black Beans



Garlic



Sweetcorn



Radish



Coriander



Lemon



Shredded Coconut



Spinach & Rocket Mix



Feta

Hands-on: 25-35 mins
Ready in: 30-40 mins

Low Calorie

Turn a vegetarian salad into a hearty flavour explosion with this medley of gently spiced pumpkin, black beans and fresh greens. It's a satisfying taste of Jamaica in a veggie-loaded and colourful bowl.

Pantry items

Olive Oil

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

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 & chopped pumpkin	1 packet (400g)	1 packet (800g)
mild Caribbean jerk seasoning	1 sachet	2 sachets
black beans	1 tin	2 tins
garlic	1 clove	2 cloves
sweetcorn	½ tin	1 tin
radish	1 bunch	1 bunch
coriander	1 bunch	1 bunch
lemon	½	1
shredded coconut	1 packet	2 packets
spinach & rocket mix	1 bag (60g)	1 bag (120g)
feta	1 block (25g)	1 block (50g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2130kJ (509Cal)	360kJ (86Cal)
Protein (g)	19.6g	3.3g
Fat, total (g)	24.6g	4.2g
- saturated (g)	10.9g	1.8g
Carbohydrate (g)	51.6g	8.7g
- sugars (g)	17.2g	2.9g
Sodium (g)	1460mg	247mg

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.



1. Roast the pumpkin

Preheat the oven to **220°C/200°C fan-forced**. Place the **peeled & chopped pumpkin** on an oven tray lined with baking paper. Sprinkle over **1/2** the **mild Caribbean jerk seasoning** and **drizzle** with **olive oil**. Toss to coat, then roast until tender, **20-25 minutes**. Set aside to cool for **5 minutes**.



2. Get prepped

While the pumpkin is roasting, drain and rinse the **black beans**. Finely chop the **garlic** (or use a garlic press). Drain the **sweetcorn** (see **ingredients list**). Thinly slice the **radish**. Roughly chop the **coriander**. Slice the **lemon** (see **ingredients list**) into wedges.



3. Toast the coconut

Heat a large frying pan over a medium-high heat. When the pan is hot, add the **shredded coconut** and toast, tossing occasionally, until golden, **2-3 minutes**. Transfer to a small bowl and allow to cool. Season with a **pinch** of **salt** and **pepper** and set aside.



4. Char the corn & beans

Return the pan to a high heat with a **drizzle** of **olive oil**. Add the **sweetcorn** and **black beans** and cook, tossing, until the corn is charred and the beans have popped slightly, **5 minutes**. Add the **garlic** and the **remaining mild Caribbean jerk seasoning** and cook, stirring until fragrant, **1 minute**. Set aside.



5. Toss the salad

In a large bowl, combine **olive oil** (**1 tbs for 2 people / 2 tbs for 4 people**), a **good squeeze** of **lemon juice** and a **pinch** of **salt** and **pepper**. Add the **spinach & rocket mix**, charred **corn**, **black beans**, **radish**, roasted **pumpkin** and **1/2** the **coriander**. Toss to coat.



6. Serve up

Divide the Caribbean jerk pumpkin and black bean salad between plates. Crumble over the **feta** and sprinkle with the toasted coconut and remaining coriander. Serve with any remaining lemon wedges.

Enjoy!

TIP: Cover the pan with a lid if the corn kernels are "popping" out.