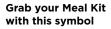


# Caribbean Jerk Pumpkin & Black Bean Salad

with Feta & Shredded Coconut









Peeled & Chopped Pumpkin

Mild Caribbean Jerk Seasoning





**Black Beans** 





Sweetcorn



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	1/2	1
shredded coconut	1 packet	2 packets
spinach & rocket mix	1 bag (60g)	1 bag (120g)
feta	1 block (25g)	1 block (50g)

<sup>\*</sup>Pantry Items

#### **Nutrition**

	Per Serving	Per 100g
Energy (kJ)	2130kJ (509Cal)	<b>360kJ</b> (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.

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



# 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!**