

# Spiced Chickpea & Pumpkin Buddha Bowl

with Greens & Plant-Based Garlic Sauce

Grab your Meal Kit with this symbol



Peeled & Chopped Pumpkin



Garlic & Herb Seasoning



Red Onion



Garlic



Shredded Cabbage Mix



Garlic Dip



Chermoula Spice Blend



Tomato Paste



Chickpeas



Roasted Almonds



Spinach & Rocket Mix



Coriander

Hands-on: 20-30 mins  
Ready in: 30-40 mins

Calorie Smart

Plant Based

This bowl full of nourishment 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 dressing of rich garlic dip and herby coriander. Yum!

### Pantry items

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

## 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 · Medium saucepan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)
garlic & herb seasoning	1 sachet	1 sachet
red onion	½	1
white wine vinegar*	¼ cup	½ cup
garlic	2 cloves	4 cloves
shredded cabbage mix	1 bag (150g)	1 bag (300g)
garlic dip	1 medium packet	1 large packet
chermoula spice blend	1 sachet	1 sachet
tomato paste	1 packet	2 packets
chickpeas	1 tin	2 tins
plant-based butter*	20g	40g
brown sugar*	pinch	pinch
roasted almonds	1 packet	2 packets
spinach & rocket mix	1 bag (60g)	1 packet (120g)
coriander	1 bag	1 bag

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2560kJ (611Cal)	542kJ (129Cal)
Protein (g)	19.7g	4.2g
Fat, total (g)	36.3g	7.7g
- saturated (g)	7.8g	1.7g
Carbohydrate (g)	43.7g	9.3g
- sugars (g)	14.2g	3g
Sodium (mg)	1407mg	298mg

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://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Roast the pumpkin

Preheat the oven to **220°C/200°C fan-forced**. Place the **peeled & chopped pumpkin** on a lined oven tray. Drizzle with **olive oil**, sprinkle with the **garlic & herb seasoning** and season with **salt**. Toss to coat, spread out evenly, then roast until tender, **20-25 minutes**.



## Add the flavour

When the pumpkin has **10 minutes** cook time remaining, heat a medium saucepan over a medium-high heat with a drizzle of **olive oil**. Add the **garlic**, **chermoula spice blend** and **tomato paste** and cook until fragrant, **1-2 minutes**.



## Pickle the onion

While the pumpkin is roasting, thinly slice the **red onion** (see ingredients). In a small bowl, combine the **white wine vinegar** and a good pinch of **sugar** and **salt**. Scrunch the sliced **onion** in your hands, then add it to the **pickling liquid** with just enough **water** to cover the **onion**. Stir to coat and set aside.



## Cook the spiced chickpeas

Add the **chickpeas** (including the liquid), **plant-based butter** and a pinch of **brown sugar** and cook until slightly thickened, **3-4 minutes**. Cover to keep warm.



## Get prepped

Finely chop the **garlic**. In a medium bowl, combine the **shredded cabbage mix**, a good pinch of **salt**, **sugar** and a drizzle of **white wine vinegar**. In a second small bowl, combine the **garlic dip** and a splash of **water**. Set aside.



## Serve up

Roughly chop the **roasted almonds**. Drain the pickled onion. Divide the roasted pumpkin and spiced chickpeas between bowls. Top with the **spinach & rocket mix**, slaw, pickled onion and almonds. Drizzle with the garlic dip and tear over the **coriander** to serve.

## Enjoy!