



Roasted pumpkin and lentils

with a smoky tahini dressing



Drawing inspiration from the Middle East, this warm salad pairs tender roasted pumpkin with lentils and broccolini, topped with crunchy toasted nuts and seeds, a zesty smokey tahini dressing and a sprinkle of fresh mint. This dish is packed with flavour and nutrients!



Make this dish within 5 days of receiving your meal kit



Cooking equipment: baking tray, medium pot with steam basket



Pantry items needed: olive oil spray, olive oil, salt, freshly ground black pepper



Hands-on: 15-20 minutes
Ready in: 25-30 minutes



Serves: 2 or 4

NO ADDED GLUTEN | CALORIE SMART | Great for leftovers

Before you start

Read through the recipe and give your fresh produce a wash.

Ingredients

	2 serves	4 serves
Pumpkin	400g	800g
Olive oil spray*	as needed	as needed
Freshly ground pepper*	¼ tsp	¼ tsp
Nut and seed mix	1 packet	1 packet
Broccolini	200g	400g
Onion	150g (quarter)	150g (half)
Mint	7.5g	15g
Lemon	160g (half)	160g
Garlic	3g	6g
Lentils	1 can	2 cans
Olive oil*	½ tsp	1 tsp
Salt*	¼ tsp	¼ tsp
Smokey tahini dressing base	1 tub	1 tub
Water*	2½ tbsps	5 tbsps

* Pantry items

Allergens and ingredients

Allergens: almond, sesame.

May contain traces of other allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

Instructions

1. Roast pumpkin

Preheat oven to 200°C and line a baking tray. Leaving the skin on, slice **pumpkin** into 3cm-thick wedges and place on prepared baking tray. Using **olive oil spray*** (tip 1), lightly spray the **pumpkin**, season with **freshly ground pepper*** and roast for **15-20 minutes** (tip 2). When the **pumpkin** is almost done, add **nut and seed mix** to one side of the tray and allow to toast for about **2-3 minutes**.

2. Prepare ingredients

Trim **broccolini**. Finely slice **onion** (**¼ for 2 serves** and **½ for 4 serves**). Pick **mint** leaves and roughly chop. Zest and juice **lemon** (**½ for 2 serves** and **1 for 4 serves**). Mince **garlic**. Rinse and drain **lentils**.

3. Steam broccolini

Fill a medium pot 4cm-deep with water and bring to a boil. Add **broccolini** to steam basket, and place basket into pot (tip 3). Cover and steam until bright green in colour, about **2-3 minutes**. Remove from the heat and allow to rest with the lid ajar.

4. Make salad

In a bowl, mix **lentils**, **onion**, **mint**, **olive oil***, **salt***, **lemon zest** and a portion of the **lemon juice** (**1 tsp for 2 serves** and **2 tsp for 4 serves**).

5. Make dressing

In a small bowl, add **smoky tahini dressing base**, **garlic** and remaining **lemon juice** and whisk to combine. Slowly whisk in **water*** to thin dressing.

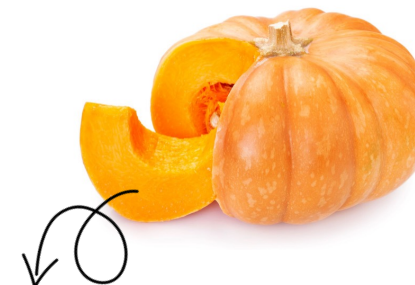
6. Serve

Serve **lentil** salad on plates, top with roasted **pumpkin** wedge and **broccolini**. Drizzle over **smoky tahini dressing** and sprinkle with toasted **nut and seed mix**.

Cooking tips

1. If you don't have olive oil spray, drizzle olive oil and spread over pumpkin using a pastry brush or kitchen paper towel.
2. To check if the pumpkin is cooked through, use a skewer or a sharp knife to check the thickest part. The pumpkin is cooked when it is golden on the outside and your skewer/knife glides through with ease.
3. If you don't have a steaming basket, you can use a metal colander placed on top of the pot or simply add the broccolini to the pot of boiling water and blanch for 2 minutes.

Eat your way to healthy!



Pumpkin is super nutrient-dense. It is low in calories and rich in fibre, antioxidants, vitamins and minerals, including beta-carotene, vitamins A, C, E, B2, B3, B5, B6, B9, potassium, copper, manganese, iron, magnesium, phosphorus and zinc.

Pumpkin has been linked to a range of health benefits, including a lower risk of certain cancers, better heart, eye and digestive health, enhanced immunity, reduced inflammation, improved blood-sugar control, weight loss and healthier skin.

Nutritional information*

	Per 455g serve	Per 100g
Energy	1439kJ (344Cal)	316kJ (76Cal)
Protein	19.6g	4.3g
Fat, total	20.2g	4.4g
- Saturated	2.9g	0.6g
Carbohydrate	35.0g	8.0g
- Sugars	17.0g	4.0g
Sodium	740mg	163mg

* Nutritional information is based on averages