

MARLEY SPOON



Warm Pumpkin and Chickpea S...

with Chilli Yoghurt



30-40min



2 Portions

Chickpeas are a great legume and have a plethora of health benefits. They are a great source of protein, fibre and folate, and can be used in salad, stews, soups and tagines. We've teamed them here with sweet roasted pumpkin and a fiery chilli yoghurt, it's a wonderfully nutritious, vegetarian-friendly meal.

What we send

- 1 long red chilli, 1 garlic clove
- sunflower seeds
- pumpkin
- chickpeas
- Greek-style yoghurt ⁷
- green beans
- kale
- lemon
- red onion

What you'll require

- extra virgin olive oil
- sea salt and pepper

Utensils

- baking paper
- grater
- large sieve or colander
- oven tray
- paper towel
- small frypan
- small saucepan

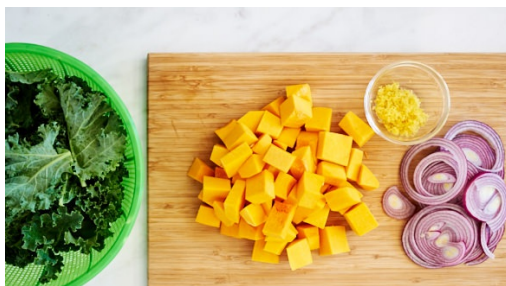
- Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Milk (7). May contain traces of other allergens.

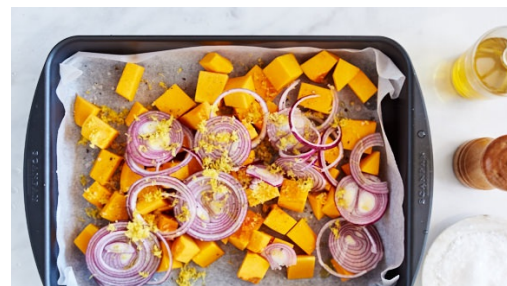
Nutrition per serving

Energy 585.0kcal, Fat 21.5g, Proteins 28.0g, Carbs 58.5g



1. Prepare roasted veggies

Preheat oven to 220C. Peel and deseed the **pumpkin**, then cut into 2cm chunks. Slice the **onion**. Zest the **lemon**. Wash the **kale** and pat dry with paper towel. Bring a small saucepan of water to the boil for the green beans.



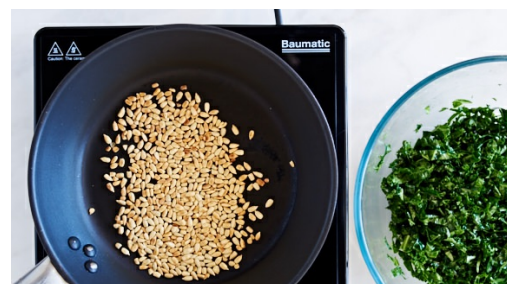
2. Roast veggies

Drain and rinse the **chickpeas**. Combine the **pumpkin**, **onion** and **lemon zest** on an oven tray lined with baking paper. Add 2 tsp **oil**, season with a little **sea salt and pepper** and combine well. Roast for 10 mins. Add the **chickpeas** and roast for a further 15 mins until golden.



4. Make dressing

Deseed and finely chop the **chilli**. Finely chop or crush the **garlic**. Squeeze the **lemon** (you will need 2 tbs). Combine the **yoghurt**, 2 tsp **oil**, **chilli**, **garlic**, 1 tbs **lemon juice** and a pinch of **sea salt and pepper**, stir well.



5. Toast seeds

Place the **sunflower seeds** in a small dry frypan and cook over medium heat for 3-4 mins until lightly browned. Set aside to cool. Thinly shred the **kale**. Place the shredded kale, 1 tbs **lemon juice**, 2 tsp **oil** and **sea salt and pepper** in a large bowl. Massage well using your hands (this will help the kale soften).



3. Prepare salad veggies

Meanwhile, trim the **beans** and cut into thirds. Cook in the pan of boiling water for 2 mins. Drain, refresh immediately under cold water and drain again.



6. Finish salad

Remove the **roasted vegetables** from the oven and immediately stir in the **green beans**. Spoon the **kale** onto plates, top with the roasted veggies and **chickpeas** and serve with the **chilli yoghurt dressing**.