

---

## Roasted Pumpkin and Chickpea Salad with Grilled Haloumi



30-40min



4 Portions

Hearty and filling, this gorgeous vegetarian main features pumpkin, which turns wonderfully sweet when roasted, perfectly balancing the salty haloumi. Pumpkin is a healthy choice as it is low kilojoule, plus it is rich in beta carotene, which is good for vision and immunity.

## What we send

- pepitas
- baby spinach leaves
- spice mix
- 4 garlic cloves, parsley
- haloumi <sup>7</sup>
- cherry tomatoes
- lemon
- carrots
- Japanese pumpkin, skin off
- chickpeas

## What you'll require

- balsamic vinegar <sup>17</sup>
- Australian honey
- olive oil
- salt and pepper

## Utensils

- baking paper
- large frypan
- oven tray

Our veggies come fresh from the farm, so please wash them before use.

### Cooking tip

Roasting garlic in their skins turns the garlic into a soft puree.

### Allergens

Milk (7), Sulphites (17). May contain traces of other allergens.

### Nutrition per serving

Energy 585kcal, Fat 34.3g, Carbs 33.6g, Proteins 28.7g



### 1. Rinse chickpeas

Preheat oven to 200C. Line an oven tray with baking paper. Drain and rinse the **chickpeas**.



### 2. Prepare veggies

Cut the **pumpkin** into bite-size pieces. Cut the **carrots** in half lengthwise, then slice into 1cm half circles. Zest and juice the **lemon**.



### 3. Roast veggies

Place the **pumpkin, carrot** and the **unpeeled garlic cloves** (see cooking tip) on the prepared tray. Drizzle over 1 tbs **oil** and 1 tsp **honey**. Sprinkle over the **roast spice mix, lemon zest, salt and pepper**. Toss to coat. Roast for 10 mins, then add the **chickpeas** and roast for a further 10-15 mins until golden and tender.



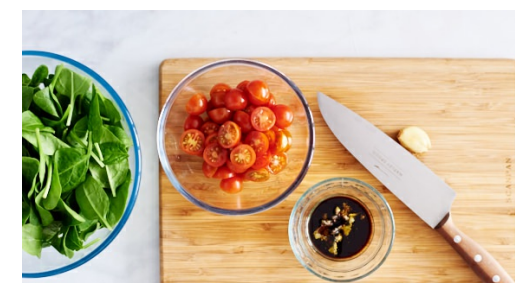
### 4. Prepare ingredients

Meanwhile, cut the **cherry tomatoes** in half. Drain and thinly slice the **haloumi**. Pick the **parsley** leaves (discard stems) and coarsely chop. Heat a large frypan over medium heat. Toast the **pepitas** for 3-4 mins until golden. Set aside to cool.



### 5. Cook haloumi

Transfer the **roasted vegetables** to a large bowl and set aside to cool for 5 mins. Squeeze **garlic** from the skin and finely chop. Heat 1 tbs **oil** in the same frypan over medium heat. Cook the **haloumi** for 2 mins each side or until golden. Remove pan from the heat and drizzle with 2 tbs **lemon juice**.



### 6. Get ready to serve

Combine 1 tbs **oil**, 2 tsp **balsamic vinegar** and the **chopped roasted garlic** in a small bowl. Add the **tomatoes** and **baby spinach** to the **roasted veggies** and pour over **dressing**. Toss to combine. Serve **salad** topped with the **haloumi, pepitas** and **parsley**.