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Three Williams Vegan Bowl



30-40min



4 Portions

This super-healthy bowl from the team at Sydney's Three Williams matches nutrient-rich ingredients with clever cooking techniques. We love how easy it is to make the creamy pumpkin hummus, and how massaging the kale with the basil oil tenderises the leaves. Finished with a flourish of crunchy hazelnuts, it's a truly delicious meal.

What we send

- butternut pumpkin
- hazelnuts ¹⁵
- tahini ¹¹
- kale
- green beans
- basil
- beetroot
- lemon
- chickpeas

What you'll require

- olive oil
- sea salt and pepper
- spray oil
- water

Utensils

- baking paper
- oven tray
- small saucepan

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

Allergens

Sesame (11), Tree Nuts (15). May contain traces of other allergens.

Nutrition per serving

Energy 570.0kcal, Fat 31.6g, Proteins 20.6g, Carbs 43.6g



1. Roast beetroot

Preheat the oven to 220C. Peel and cut the **beetroot** into 2cm wedges. Place on a lined oven tray in a single layer. Generously spray with **oil** and season with **salt**. Roast for 30 mins or until tender, turning halfway through.



4. Dress kale

Process the **basil** leaves, half the **lemon juice**, half the **olive oil**, and **salt and pepper** in a blender or small food processor until smooth. Pour into a bowl and rinse the blender. Wash and pick the **kale** leaves, discarding the stalks. Coarsely shred the leaves and massage well with the **basil dressing**, making sure the **kale** is fully coated.



2. Roast pumpkin

Meanwhile, cut the **pumpkin** into 3cm chunks, then place on a lined oven tray, spray generously with **oil** and season with **salt**. Place on the lower shelf of the oven and roast for 20 mins or until tender.



5. Assemble salad

Coarsely chop the **hazelnuts**. Combine the **kale**, half the **pumpkin**, **beans** and half the **hazelnuts**, and season to taste with **salt and pepper**.



3. Cook beans

Bring a small saucepan of salted water to the boil. Pick the **basil** leaves (discard stems). Juice the **lemon(s)**. Trim and halve the **beans**. Cook the **beans** in the boiling water for 2 mins or until just tender. Drain and rinse under cold water until the beans are cool.



6. Make hummus

Drain and rinse the **chickpeas**. Puree the **chickpeas**, **tahini**, remaining **lemon juice**, remaining **pumpkin**, and **salt and pepper** in the blender or small food processor. Add the **water**, remaining **olive oil** and process until smooth. Divide the **pumpkin hummus** among bowls, then top with the **kale mixture**. Scatter over the **beetroot** and remaining **hazelnuts** to se...