

MARLEY SPOON



Maple-Roasted Veggies

with Spiced Chickpeas and Goat's Cheese



30-40min



2 Portions

Warm, sweet, gently spiced, packed with crunch and topped with luscious goat's cheese, this salad really has it all. You'll love discovering the layers of flavour and texture, from tender caramelised pumpkin and carrot, to crisp charred kale and toasted Moroccan-spiced chickpeas.

What we send

- butternut pumpkin
- chickpeas
- kale
- maple syrup
- marinated goat's cheese ⁷
- slivered almonds ¹⁵
- pepitas
- carrot
- lemon
- chermoula spice blend ¹⁷

What you'll require

- sea salt and pepper

Utensils

- baking paper
- large frypan
- oven tray
- paper towel
- sieve
- small frypan

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

Cooking tip

Removing the excess moisture will help your chickpeas become crisp with cooking. ~The remaining lemon won't be used in this dish.

Allergens

Milk (7), Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 850kcal, Fat 42.4g, Carbs 57.2g, Proteins 36.3g



1. Prepare vegetables

Heat the oven to 220C. Line an oven tray with baking paper. Peel and cut the **pumpkin** into 2cm-thick slices. Peel the **carrot** and cut into 1cm-wide batons. Put the pumpkin and carrot on the lined tray. Remove the **goat's cheese** to drain, reserving the oil.



2. Roast vegetables

Whisk the **maple syrup** with **1 tbs of the reserving oil** in a small bowl. Drizzle **one-third of the maple mixture** over the vegetables, season with **salt and pepper** and toss to coat. Roast for 20 mins or until golden and tender.



3. Drain chickpeas

While the vegetables are roasting, drain and rinse the **chickpeas**, then pat dry with paper towel (see cooking tip).



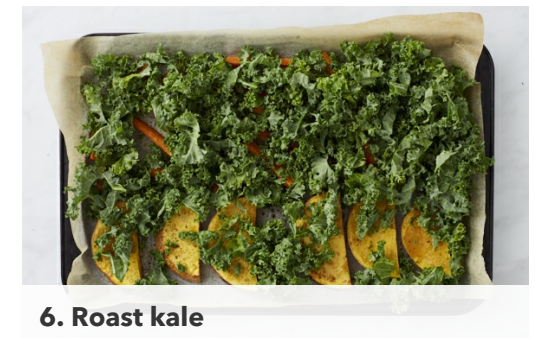
4. Toast chickpeas

Heat **1 tbs of the reserving oil** in a medium frypan over medium heat. Add the **chickpeas**, scatter over **half the chermoula** (the remaining chermoula won't be used in this dish), season with **salt and pepper** and stir to combine. Cook, stirring occasionally, for 15 mins or until slightly crisp.



5. Prepare ingredients

Meanwhile, put the **almonds** and **pepitas** in a cold small frypan over medium heat. Toast, tossing, for 3-4 mins until evenly golden. Remove from the pan. Juice **half the lemon** (see cooking tip). Stir **1 tbs lemon juice** into the **remaining maple mixture**. Discard the tough stems from the **kale**, then coarsely tear the leaves into large pieces.



6. Roast kale

Scatter the **kale** over the tray of **roasted vegetables**, and roast for 5 mins or until kale is wilted and crisp in parts. Divide the **vegetables** and **chickpeas** among plates and crumble over the goat's cheese. Drizzle over the **remaining maple mixture** and scatter over the **nut mix** and **goat's cheese** to serve.