



## Maple-Roasted Veggies

with Spiced Chickpeas and Goat's Cheese



30-40min



4 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

- chickpeas
- carrot
- butternut pumpkin
- 400g kale
- marinated goat's cheese <sup>7</sup>
- chermoula spice blend <sup>17</sup>
- slivered almonds <sup>15</sup>
- pepitas
- lemon
- maple syrup

## What you'll require

- olive oil
- sea salt and pepper

## Utensils

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

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.

## Allergens

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

## Nutrition per serving

Energy 780kcal, Fat 42.4g, Carbs 57.0g,  
Proteins 31.0g



**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 **2 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).



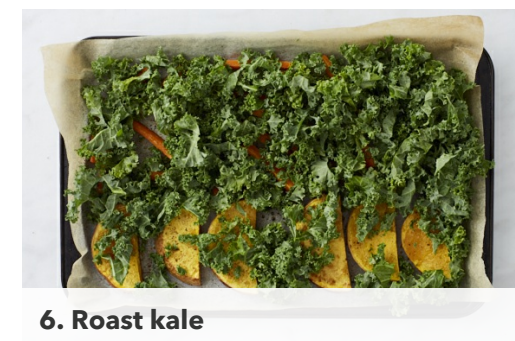
**4. Toast chickpeas**

Heat **2 tbs olive oil** in a large frypan over medium heat. Add the **chickpeas**, scatter over the **chermoula**, 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 medium frypan over medium heat. Toast, tossing, for 3-4 mins until evenly golden. Remove from the pan. Juice the **lemon**. Stir **2 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.