



## Maple-Glazed Vegetables

with Spiced Chickpeas and Goat's Curd



20-30min



2 Portions

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



## What we send

- butternut pumpkin
- pepitas
- carrot, garlic
- silvered almonds <sup>15</sup>
- lemon
- goat's curd <sup>7</sup>
- kale
- chickpeas
- chermoula <sup>17</sup>
- red onion

## What you'll require

- Australian honey
- olive oil
- sea salt and pepper

## Utensils

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

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

## Allergens

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

## Nutrition per serving

Energy 585kcal, Fat 26.3g, Carbs 53.4g, Proteins 22.2g



### 1. Prepare vegetables

Preheat the oven to 220C. Line an oven tray with baking paper. Peel and cut the **pumpkin** into 2cm-thick wedges. Peel the **carrots** and cut into 1cm-thick batons. Cut the **onion** into 2cm-thick wedges. Put the pumpkin, carrot and onion on the lined tray in a single layer. Crush or finely chop the **garlic** and scatter over the vegetables.



### 2. Roast vegetables

Combine **1 tbs honey** and **1 tbs olive oil** in a small bowl. Drizzle **one-third of the honey mixture** over the vegetables and turn to coat. Season with **salt and pepper** and roast for 20 mins or until the vegetables are golden and tender.



### 3. Drain chickpeas

Meanwhile, drain and rinse the **chickpeas**. Pat dry with paper towel.



### 4. Toast almonds and pepitas

Put the **almonds** and **pepitas** in a cold medium frypan over medium heat. Toast, tossing, for 3-4 mins until evenly golden. Transfer to a bowl.



### 5. Toast chickpeas

Heat **1 tbs olive oil** in the same pan over medium heat. Add **chickpeas**, then scatter over **chermoula spice blend** and season with **salt and pepper**. Toss to combine, then cook, shaking pan occasionally, for 15 mins or until slightly crispy. Meanwhile, juice **half the lemon** (reserve remainder for another use). Add **1 tbs lemon juice** to the **remaining honey mixture**.



### 6. Get ready to serve

Wash the **kale** and shake dry. Remove the centre stems and coarsely shred the leaves. Add the kale to the **pumpkin** and roast for a further 5 mins or until the kale is crisp. Divide the **roasted vegetables** and **chickpeas** among plates. Dollop over the **goat's curd** and drizzle with the **honey lemon dressing**. Scatter over the **toasted almonds and pepitas** to serve.