

DINNERLY



Pumpkin Pilaf

with Peas



20-30 minutes



4 Servings

With basmati rice, a few veg and a spoonful of Moroccan spices, you can have a knockout vego meal on the table by adding stock, boiling it, then standing until tender.

WHAT WE SEND

- 300g green peas
- 300g basmati rice
- 20g ras el hanout spice blend^{1,17}
- 4 vegetable stock cubes
- 1 onion
- 800g butternut pumpkin

WHAT YOU NEED

- garlic clove
- olive oil
- sea salt and pepper
- water

TOOLS

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

ALLERGENS

Gluten (1), Sulphites (17). May contain traces of other allergens.

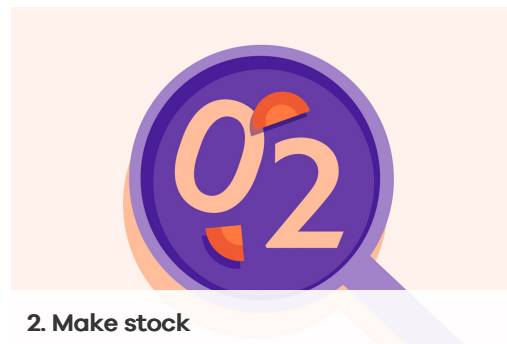
NUTRITION PER SERVING

Energy 500kcal, Fat 11.2g, Carbs 80.5g, Proteins 13.8g



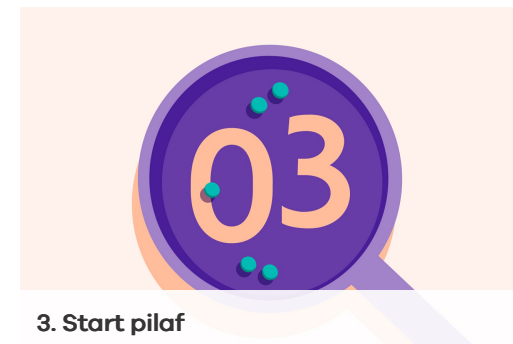
1. Prep ingredients

Bring a kettle to the boil. Finely chop the **onion** and **3 garlic cloves**. Peel and coarsely grate the **pumpkin**.



2. Make stock

Crumble the **stock cubes** into a heatproof jug, add **800ml boiling water** and stir to combine.



3. Start pilaf

Heat **2 tbs olive oil** in a large saucepan over medium heat and cook the **onion** and **garlic**, stirring regularly, for 2-3 mins until softened. Add the **ras el hanout spice blend** and cook, stirring, for 30 secs or until fragrant.



4. Add pumpkin

Stir in the **rice**, mixing well to coat in the spices. Add the **grated pumpkin** and **stock**, stir to combine and bring to the boil. Cover, then reduce the heat to low and simmer for 15 mins or until the liquid is absorbed.



5. Serve up

Remove from the heat. Stir in the **peas**, season with **salt and pepper**, then cover and sit for 2-3 mins until the peas are heated through. Divide the **pilaf** among plates to serve.



6. Extra credit

For added sweetness, stir 2 tbs raisins into the rice before serving. You could also serve the pilaf with a dressed mixed salad.