



Gatherer's Bowl

with Roasted Vegetables, Hummus and Yoghur...



30-40min



2 Portions

Eating well never looked - or tasted - so good as this colourful bowl of Med-inspired deliciousness. Oven-roasting always intensifies the natural sweetness of vegetables like pumpkin, carrot and onion while smoky paprika, lemon and tahini add rich blasts of flavour. A creamy bed of hummus and dollops of tsatsiki are the perfect finishing touches.

What we send

- chickpeas
- smoked paprika
- poppy seeds
- Lebanese cucumber, Dutch carrot
- butternut pumpkin
- red onion
- tahini paste ¹¹
- mixed salad leaves
- Greek-style yoghurt ⁷
- cumin and coriander
- pepitas
- lemons

What you'll require

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

Utensils

- baking paper
- oven tray
- sieve

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

Allergens

Milk (7), Sesame (11). May contain traces of other allergens.

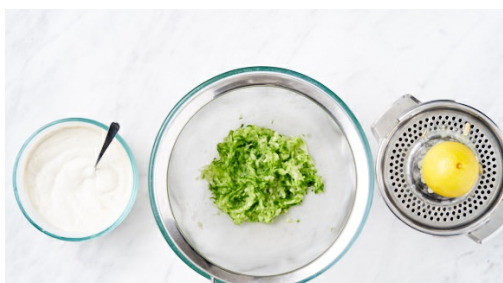
Nutrition per serving

Energy 895kcal, Fat 54.0g, Carbs 54.9g, Proteins 31.2g



1. Prepare vegetables

Preheat the oven to 220C. Line an oven tray with baking paper. Put the **pepitas** on the tray and toast in the oven for 5 mins or until lightly golden. Remove from the tray and set aside. Reserve the lined tray. Meanwhile, peel and trim the **carrots**. Cut the **unpeeled pumpkin** into 2cm thick semi-circles. Peel the **onion** and cut into wedges.



4. Make yoghurt sauce

Meanwhile, grate **half the cucumber** (the remaining cucumber won't be used in this dish). Put in a sieve and squeeze out the juice. Juice the **lemon**. Combine the grated cucumber, **yoghurt**, **½ tsp of the cumin and coriander spice blend** and **2 tsp lemon juice**. Season with **salt and pepper**.



2. Season vegetables

Arrange the **pumpkin, carrot** and **onion** on the reserved tray and spray or drizzle with **olive oil**. Season with **salt and pepper**, sprinkle **½ tsp smoked paprika** and toss to combine.



5. Make hummus

Drain and rinse the **chickpeas**. Put the **tahini**, **½ tsp of the cumin and coriander spice mix**, **¼ tsp smoked paprika**, **2 tsp lemon juice**, **1½ tbs water**, **1½ tbs olive oil** in a bowl and season with **salt and pepper** (the remaining spices won't be used in this dish). Blend using a food processor or stick blender until smooth.



3. Roast vegetables


Roast the **vegetables** in the oven for 20-25 mins until the vegetables are tender.



6. Dress salad

Combine **2 tsp lemon juice** and **1 tbs olive oil** in a bowl and season with **salt and pepper**. Add the **salad leaves** and toss to combine. Divide the **hummus**, **roasted vegetables** and **salad leaves** among bowls. Scatter over the **pepitas** and **half the poppy seeds** (the remaining poppy seeds won't be used in this dish) and serve with the **yoghurt sauce**.

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Australian ingredients