



## Gatherer's Bowl

with Roasted Vegetables, Hummus and Yoghur...



30-40min



4 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

- Lebanese cucumber, Dutch carrot
- chickpeas
- lemon
- poppy seeds
- butternut pumpkin
- red onion
- tahini paste <sup>11</sup>
- mixed salad leaves
- Greek-style yoghurt <sup>7</sup>
- cumin and coriander spice blend
- smoked paprika
- pepitas

## 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 55.0g, Proteins 32.0g



### 1. Prepare vegetables

Preheat the oven to 220C. Line 2 oven trays with baking paper. Put the **pepitas** on one of the trays 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 the **cucumber**. Put in a sieve and squeeze out the juice. Juice the **lemons**. Combine the grated cucumber, **yoghurt**, **1 tsp of the cumin and coriander spice blend** and **1 tbs lemon juice**. Season with **salt and pepper**.



### 2. Season vegetables

Arrange the **pumpkin, carrot** and **onion** on both the trays and spray or drizzle with **olive oil**. Season with **salt and pepper**, sprinkle **1 tsp smoked paprika** and toss to combine.



### 5. Make hummus

Drain and rinse the **chickpeas**. Put the **tahini**, **1 tsp of the cumin and coriander spice mix**, **½ tsp smoked paprika**, **1 tbs lemon juice**, **60ml (¼ cup) water**, **60ml (¼ cup) olive oil** in a bowl and season with **salt and pepper** (any 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 **1 tbs 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 **the poppy seeds** and serve with the **yoghurt sauce**.