



HEALTHY

Maple Roast Pumpkin Bowls

with Sesame, Peanuts and Rice



20-30min



2 Portions

This super supper bowl is packed with goodness and flavour. Thick wedges of Jap pumpkin, carrot and onion, coated in a glaze, are roasted until golden. Served with nutty brown rice, green beans and toasted nuts and seeds, all that's needed to finish is a drizzle of soy and maple syrup dressing for a deliciously healthy dish.

What we send

- sesame seed mix ¹¹
- pumpkin
- green beans
- sesame oil ¹¹
- brown rice
- maple syrup
- red onion
- carrot
- peanuts ⁵

What you'll require

- soy sauce ⁶
- white wine vinegar ¹⁷

Utensils

- medium saucepan
- roasting pan
- small frypan

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

Cooking tip

The remaining maple syrup won't be used in this dish

Allergens

Peanuts (5), Soy (6), Sesame (11), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 565kcal, Fat 16.0g, Carbs 83.2g, Proteins 14.1g



1. Prepare ingredients

Heat the oven to 200C. Bring a medium saucepan of water to the boil for the rice. Peel the **carrot** and cut into 2cm-thick chunks. Slice the **onion** into thick wedges. Cut the **unpeeled pumpkin** into 4cm-thick wedges. Whisk the **sesame oil**, **1½ tbs maple syrup** (see cooking tip) and **2 tbs soy sauce** in a bowl.



2. Roast vegetables

Put the **pumpkin**, **carrot** and **onion** in a roasting pan. Pour over **half the soy and maple syrup sauce** and toss to coat. Roast, turning halfway, for 30 mins or until golden and tender. Meanwhile, add **2 tsp white wine vinegar** to the **remaining soy and maple syrup sauce** and stir to combine. Set aside.



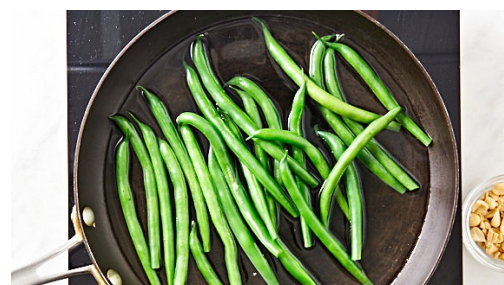
3. Cook rice

Cook the **rice** in the pan of boiling water for 25 mins or until the rice is tender. Drain.



4. Toast seeds

Put the **sesame seeds** in a cold small frypan over medium heat. Toast, tossing, for 2-3 mins until golden brown. Remove from the pan.



5. Cook beans

Half-fill the frypan with water and bring to a boil. Trim the **beans**. Cook, in the boiling water, for 3-4 mins until bright green and tender. Drain. Meanwhile, coarsely chop the **peanuts**.



6. Get ready to serve

Scatter the **sesame seeds** over the **roasted vegetables**. Divide the **rice**, **roasted vegetables** and **beans** among bowls. Drizzle over the **maple-soy dressing** and scatter over the **peanuts** to serve.