



HEALTHY

Roast Pumpkin and Broccoli

with Spiced Lentils



20-30min



2 Portions

If you're not sure about swapping meat for lentils, this dish of Australian-grown lentils might just be the decider. Similar to the French puy lentil, they have a nutty flavour and a firmer texture than other lentils. Add to the bowl a whole lot of roasted veggie favourites with a crunchy fresh salsa on top and you've got a decidedly delicious meat-free Monday (or any other day).

What we send

- red onion
- Japanese pumpkin
- broccoli
- vegetable stock cube
- tomato paste
- cumin and coriander spice blend
- French-style lentils
- tomato
- Lebanese cucumber
- coriander, garlic

What you'll require

- olive oil
- sea salt and pepper
- water

Utensils

- baking paper
- roasting pan
- small saucepan

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

Allergens

May contain traces of allergenic ingredients.

Nutrition per serving

Energy 485kcal, Fat 15.9g, Carbs 48.1g, Proteins 23.6g



1. Roast pumpkin and onion

Heat the oven to 200C. Line a roasting pan with baking paper. Peel the **pumpkin** and cut into 2cm chunks. Cut the **onion** into thin wedges. Put the pumpkin and onion in the lined pan, season with **salt and pepper**, drizzle with **1 tbs olive oil** and toss to coat. Roast for 10 mins.



2. Roast broccoli

Meanwhile, crush or finely chop the **garlic** and set aside. Cut the **broccoli head** into small florets. Add the **broccoli florets** to the pan and toss well. Roast for a further 10 mins or until the vegetables are tender.



3. Cook lentils

Heat **2 tsp olive oil** in a small saucepan over high heat. Cook the **garlic** and **1 tsp cumin and coriander spice blend** (the remaining spice blend won't be used in this dish) for 1 min or until fragrant. Add the **lentils** and **1L (4 cups) water** and bring to the boil. Cook for 20 mins or until almost tender.



4. Finish lentils

Crumble in **1 stock cube** (the remaining stock cube won't be used in this dish) and add the **tomato paste** and cook for 5 mins or until tender and most of the liquid is absorbed.



5. Make tomato salsa

While the pilaf is cooking, halve the **cucumber** lengthwise, then scrape out the seeds using a teaspoon. Cut the cucumber and **tomato** into 1cm chunks. Finely chop the **coriander** leaves, discarding the stems. Combine the tomato, cucumber and coriander in a medium bowl. Taste and season with **salt and pepper**.



6. Get ready to serve

Combine the **roasted vegetables** and **lentil mixture** in a large bowl. Taste and season with **salt and pepper**. Divide the **vegetable mixture** among plates. Scatter with the **tomato salsa** to serve.