



**HEALTHY**

## Roast Pumpkin and Broccoli

with Spiced Lentils



20-30min



4 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

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

## What you'll require

- olive oil
- sea salt and pepper
- water

## Utensils

- baking paper
- medium saucepan
- roasting pan

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

## Allergens

May contain traces of allergenic ingredients.

## Nutrition per serving

Energy 465kcal, Fat 15.8g, Carbs 44.8g, Proteins 22.9g



### 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 **2 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 **1 tbs olive oil** in a medium saucepan over high heat. Cook the **garlic** and **2 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 **2L (8 cups) water** and bring to the boil. Cook for 20 mins or until almost tender.



### 4. Finish lentils

Crumble in the **stock cubes** 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.