

# DINNERLY



## Tandoori Roast Pumpkin with Turmeric Rice and Cashews



30-40 minutes



2 Servings

Spice up your night, Indian style, with tandoori-roasted pumpkin served with antioxidant-rich, turmeric-infused rice. Just drizzle with yoghurt and scatter with cashews for satisfying crunch.



## WHAT WE SEND

- 15
- 7

## WHAT YOU NEED

- 2 eggs<sup>3</sup>
- olive oil
- tomato paste

## TOOLS

- baking paper
- large saucepan with lid
- oven tray
- small saucepan

Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Egg (3), Milk (7), Tree Nuts (15). May contain traces of other allergens.

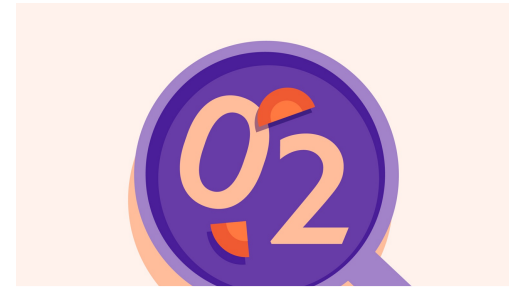
## NUTRITION PER SERVING

Energy 800kcal, Fat 33.2g, Carbs 91.9g, Proteins 22.7g



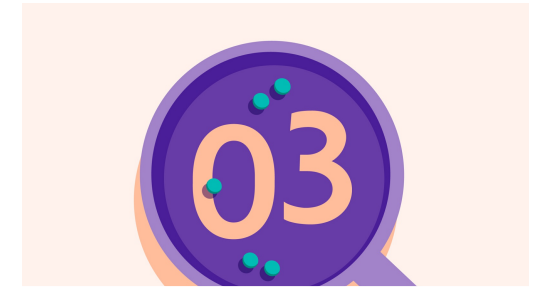
### 1. Prep ingredients

Preheat the oven to 220C. Line an oven tray with baking paper. Crush or finely chop **2 garlic cloves**. Cut the **unpeeled pumpkin** into 4 wedges. Tear the **kale** leaves into small pieces, discarding the stems. Coarsely chop the **cashews**. Bring a small saucepan of water to the boil for the eggs.



### 2. Marinate pumpkin

Put the **garlic, tandoori paste, ½ tsp turmeric, 1 tbs yoghurt** and **2 tsp tomato paste** in a large bowl. Season with **salt and pepper** and stir to combine. Add the **pumpkin** and toss to coat.



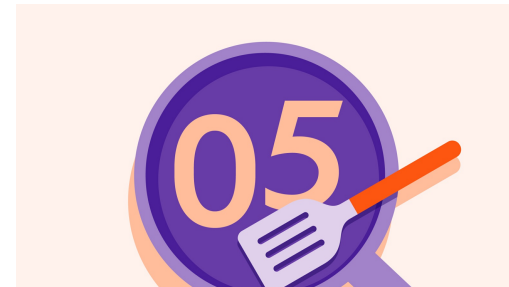
### 3. Roast pumpkin

Put the **pumpkin** on the lined tray, drizzle with **1½ tbs olive oil** and roast for 20-25 mins until tender. Meanwhile, rinse the **rice** until the water runs clear.



### 4. Cook rice

Put the **rice, 1 tsp turmeric** (any remaining turmeric won't be used in this dish) and **250ml (1 cup) water** in a large saucepan and season with **salt**. Cover and bring to a simmer. Reduce the heat to low and cook for 12 mins or until tender and the water is absorbed. Turn off the heat, stir in the **kale** and stand, covered, for at least 5 mins.







### 5. Serve up

Meanwhile, cook **2 eggs** in the pan of boiling water for 7 mins for soft-boiled, or 8 mins for hard-boiled, then remove from the pan and cool in cold water. Peel and halve the eggs. Divide the **rice, pumpkin** and **egg** among bowls. Scatter over the **cashews**, drizzle with the **remaining yoghurt** and enjoy.



### 6. Make it yours

Up the Indian appeal with warm naan bread and diced cucumbers for cool crunch.

Questions about the recipe? Customer Service: **02 9056 7570** Email: [hi@dinnerly.com.au](mailto:hi@dinnerly.com.au)  
View the recipe online by visiting your account at [dinnerly.com.au](https://dinnerly.com.au)     #dinnerly

 Packed in Australia  
from at least 75%  
Australian ingredients