

DINNERLY



Tandoori Roast Pumpkin with Turmeric Rice and Cashews



30-40 minutes



4 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

- 4 eggs ³
- olive oil
- tomato paste

TOOLS

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

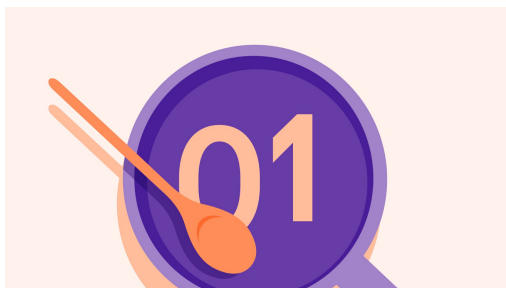
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

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

NUTRITION PER SERVING

Energy 780kcal, Fat 32.5g, Carbs 89.9g, Proteins 21.6g



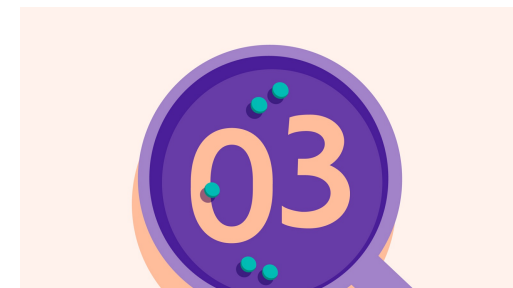
1. Prep ingredients

Preheat the oven to 220C. Line 2 oven trays with baking paper. Crush or finely chop **3 garlic cloves**. Cut the **unpeeled pumpkin** into 8 wedges. Tear the **kale** leaves into small pieces, discarding the stems. Coarsely chop the **cashews**. Bring a medium saucepan of water to the boil for the eggs.



2. Marinate pumpkin

Put the **garlic, tandoori paste, 1 tsp turmeric, 2 tbs yoghurt** and **1 tbs 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 trays, drizzle with **60ml (¼ cup) 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, 2 tsp turmeric** (any remaining turmeric won't be used in this dish) and **450ml water** in a large saucepan, then 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 **4 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
View the recipe online by visiting your account at dinnerly.com.au     **#dinnerly**

 **Packed in Australia**
from at least **75%**
Australian ingredients