



### Product Spotlight: Butternut Pumpkin


Also known as butternut squash, butternut pumpkin is a type of winter squash that grows on a vine. It has a sweet, nutty taste similar to that of pumpkin!




## Maple Roasted Pumpkin

### Black Rice Salad

Butternut pumpkin and Brussels sprouts roasted in warm spices and maple syrup and served with sautéed vegetables and black rice salad with feta cheese, walnuts and raisins.

 35 minutes

 2 servings

 Vegetarian

7 July 2023

## Switch it up!

*Make stuffed pumpkin! Halve pumpkin and roast. To make the stuffing, sauté Brussels sprouts with remaining veg, toss with dressing and black rice. Fill the roasted pumpkin and top with feta and the walnut and raisin mix.*

Per serve: **PROTEIN** 25g **TOTAL FAT** 49g **CARBOHYDRATES** 125g

## FROM YOUR BOX

BLACK RICE	150g
BUTTERNUT PUMPKIN	1
BRUSSELS SPROUTS	200g
CELERY STICK	1
CHERRY TOMATOES	200g
GARLIC CLOVE	1
ROSEMARY SPRIG	1
FETA CHEESE	1 packet
WALNUT & RAISIN MIX	1 packet

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, allspice, maple syrup, white wine vinegar

## KEY UTENSILS

large frypan, saucepan, oven tray

## NOTES

Use pumpkin to taste. Leftover pumpkin can be used for soup, roasted in burritos, potato and pumpkin hash, or mashed to make a veggie-loaded mac and cheese sauce.



### 1. COOK THE RICE

Set oven to 220°C.

Place rice in a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes, or until tender. Drain and rinse.



### 2. ROAST THE PUMPKIN

Wedge pumpkin (see notes) and halve Brussels sprouts. Toss on a lined oven tray with **oil, 1 1/2 tsp allspice, 1 1/2 tbsp maple syrup, salt and pepper**. Roast for 20–25 minutes until golden and tender.



### 3. PREPARE THE VEGETABLES

Slice celery stick. Halve cherry tomatoes and crush garlic clove. Finely chop rosemary leaves.



### 4. SAUTÉ THE VEGETABLES

Heat a frypan over medium–high heat with **oil**. Add prepared vegetables and sauté for 4–6 minutes until tender. Season to taste with **salt and pepper**.



### 5. TOSS THE SALAD

Add **3 tbsp olive oil, 1 1/2 tbsp vinegar** and **1 1/2 tsp maple syrup** to a large bowl. Whisk to combine. Add sautéed vegetables and toss to combine. Season to taste with **salt and pepper**.



### 6. FINISH AND SERVE

Divide black rice salad among shallow bowls. Top with roasted vegetables. Crumble over feta cheese and sprinkle over walnuts and raisins.



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