

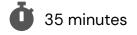




Maple Roasted Pumpkin

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.





2 servings



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.

TOTAL FAT CARBOHYDRATES

25g

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, 11/2 tsp allspice, 11/2 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, 11/2 tbsp vinegar and 11/2 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.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the My Recipes tab in your Profile and leave a review! Text us on 0481 072 599 or send an email to hello@dinnertwist.com.au



