



### Product Spotlight: Lemon Thyme


To quickly remove thyme leaves, place your fingers at the bottom of the stem, hold it upside down and firmly slide the leaves down.




## Roasted Pumpkin and Lemon Thyme

### Buckwheat Bowl

Butternut pumpkin roasted and served with fresh vegetables, pan-fried halloumi, toasted seed and nut mix in a nutty buckwheat bowl with fragrant lemon thyme dressing.

 30 minutes

 2 servings

 Vegetarian

22 September 2023

## Roast it!

*Dice beetroot and add to roasting tray if desired. This bowl is a great vessel to add to; roasted vegetables, fresh diced vegetables and avocado would all make a great addition.*

Per serve: **PROTEIN** 37g **TOTAL FAT** 69g **CARBOHYDRATES** 62g

## FROM YOUR BOX

|                    |          |
|--------------------|----------|
| BUCKWHEAT          | 100g     |
| BUTTERNUT PUMPKIN  | 1        |
| HALLOUMI           | 1 packet |
| ALMOND & SEED MIX* | 1 packet |
| LEMON THYME        | 1 packet |
| BETROOT            | 1        |
| SNOW PEA SPROUTS   | 1 punnet |

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground coriander, white wine vinegar, honey

## KEY UTENSILS

large frypan, saucepan, oven tray

## NOTES

We left the peel on the pumpkin; you can peel it if you like and cut it into cubes if preferred.

See cover page for tips on how to easily remove thyme leaves.

*Almond & seed mix: almonds, pepitas and sunflower seeds.*



### 1. COOK THE BUCKWHEAT

Set oven to 220°C.

Place buckwheat in a saucepan and cover with water. Bring to a boil and cook for 10–12 minutes until tender. Drain and rinse.



### 2. ROAST THE PUMPKIN

Wedge pumpkin (see notes). Toss on a lined oven tray with **oil, 3 tsp coriander, salt and pepper**. Roast for 15–20 minutes or until pumpkin is tender.



### 3. COOK THE HALLOUMI

Heat a frypan over medium–high heat with **oil**. Dice halloumi and add to pan as you go. Cook for 1–2 minutes on one side. Turn and add almond & seed mix. Cook for a further 1–2 minutes until halloumi is golden.



### 4. MAKE THE DRESSING

Pick thyme leaves (see notes). Add to a bowl along with **1 tsp honey, 2 tbsp vinegar, 1/4 cup olive oil, 1 tbsp water, salt and pepper**. Whisk to combine.



### 5. PREPARE FRESH ELEMENTS

Grate the beetroot. Set aside with snow pea sprouts (halve if desired).



### 6. FINISH AND SERVE

Divide buckwheat among bowls. Top with roasted pumpkin, fresh elements, halloumi and almond & seed mix. Serve with lemon thyme dressing.



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