

Product Spotlight: Chickpeas

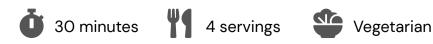
Chickpeas are large white peas with a nutty flavour. Like many legumes, they are low-fat, high-protein, fibre-rich, vitamin and mineral-dense food.

😬 Halloumi Rainbow Platter

with Orange Dressing

9 December 2022

Pumpkin, chickpeas and halloumi roasted in dried sage served with a rainbow of fresh and crunchy vegetables, with an orange dressing and super seed sprinkles.



Switch it up!

Switch up the herbs on the roasting tray. You can try dried rosemary, thyme, coriander seeds, cumin seeds, or fennel seeds.

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES 24g 37g 48g

FROM YOUR BOX

BUTTERNUT PUMPKIN	1
TINNED CHICKPEAS	400g
HALLOUMI	1 packet
ORANGE	1
PURPLE CARROTS	2
AVOCADO	1
SUGAR SNAP PEAS	1 bag (250g)
SUPER SEED SPRINKLES	1 jar (110g)

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried sage, apple cider vinegar

KEY UTENSILS

oven tray

NOTES

Add some chilli dried chilli flakes or slices of fresh red chilli to serve.



1. PREPARE THE TRAY BAKE

Set oven to 220°C.

Cut pumpkin. Drain and rinse chickpeas. Dice halloumi. Toss on a lined oven tray with **oil**, **2 tsp sage**, **salt and pepper**. Roast for 20-25 minutes until pumpkin is tender.



2. MAKE THE DRESSING

Zest orange to yield 2 tsp. Juice 1/2 orange (wedge or dice remaining orange and reserve for step 3). Add to a bowl along with 2 tbsp olive oil, 1 tbsp vinegar, 2 tbsp water, salt and pepper.



3. PREPARE FRESH ELEMENTS

Julienne or grate carrots. Slice avocado. Trim and slice sugar snap peas. Set aside with reserved orange.



4. FINISH AND SERVE

Arrange all ingredients on a large platter. Sprinkle over super seed sprinkles and serve with orange dressing (see notes).

