



### 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.



## H4 Halloumi Rainbow Platter with Orange Dressing

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.

 30 minutes

 4 servings

 Vegetarian

9 December 2022

## 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** 24g **TOTAL FAT** 37g **CARBOHYDRATES** 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).

**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**

