

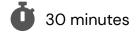




# Roasted Pumpkin and Lemon Thyme

# **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.







# 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 TOTAL FAT CARBOHYDRATES

25g 43g

13g

55g

### FROM YOUR BOX

BUCKWHEAT	200g
BUTTERNUT PUMPKIN	1
HALLOUMI	1 packet
ALMOND & SEED MIX*	1 packet
LEMON THYME	1 packet
BEETROOT	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 you prefer.

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.

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



