



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

 4 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** 25g **TOTAL FAT** 43g **CARBOHYDRATES** 55g

FROM YOUR BOX

BUCKWHEAT	200g
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 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.



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