




Product Spotlight: Pomegranate

Delicious pomegranates are now in season! Before cutting it open, press the palm of your hand against the pomegranate & roll on a hard surface. This will help release the seeds.



4 Roast Chickpea & Pumpkin Salad with Pomegranate

Golden roast chickpeas and pumpkin tossed with sorghum, kale, pomegranate and a sunny turmeric dressing. Finished with spoonfuls of creamy nut feta cheese.

 30 mins

 2 servings

 Plant-Based

29 March 2021

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	32g	52g	135g

FROM YOUR BOX

SORGHUM	100g
BUTTERNUT PUMPKIN	1/2 *
RED ONION	1/2 *
TINNED CHICKPEAS	400g
LEMON	1/2 *
KALE	1/2 bunch *
LEBANESE CUCUMBER	1
POMEGRANATE	1
MARINATED NUT FETA	1/2 jar *
CASHEWS	1/2 packet (30g) *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, ground turmeric, apple cider vinegar, sumac (see notes),

KEY UTENSILS

saucepan with lid, oven tray

NOTES

If you don't have sumac you can use ground coriander or ground cumin to spice the vegetables and chickpeas.

Scrunching the kale will help tenderise and soften the leaves, ready for eating.

Roll the pomegranate on the bench before cutting to release the seeds. You can also break the seeds out of the shell instead of tapping them out.



1. COOK THE SORGHUM

Set the oven to 220°C.

Place sorghum in saucepan and cover with water. Bring to the boil and simmer for 20-25 minutes. Drain and rinse under cold water. Set aside.



2. ROAST THE VEGETABLES

Slice pumpkin into crescents. Wedge onion. Drain and pat dry chickpeas. Toss on a lined oven tray with **1/2 tsp sumac, oil, salt and pepper**. Roast for 15-20 minutes or until cooked through.



3. PREPARE THE DRESSING

Whisk together lemon juice, **2 tbsp vinegar, 1/2 tsp turmeric** and **2 tbsp olive oil**. Set aside.



4. PREPARE THE SALAD

Thinly slice kale leaves and place in a large salad bowl. Add 1 tbsp of dressing and use hands to scrunch until leaves are tender (see notes). Dice and add cucumber.



5. TOSS THE SALAD

Toss cooked vegetables with sorghum, dressing and salad. Season with **salt and pepper**.



6. FINISH AND PLATE

Arrange salad on a large serving plate. Cut pomegranate in half horizontally (see notes). Hold the cut half over the salad and tap the seeds out. Spoon over nut feta and scatter with cashews to serve.

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**

