



Spiced Ginger Pumpkin with Yoghurt Dressing

Maple roasted butternut pumpkin and chickpeas toss with fresh mesclun leaves and cucumber, finished with a spiced yoghurt dressing and chopped cashews.



35 minutes



Vegetarian



4/6 servings

FROM YOUR BOX

	4 PERSON	6 PERSON
BUTTERNUT PUMPKIN	1	1
RED ONION	1	2
TINNED CHICKPEAS	2 x 400g	2 x 400g
GINGER	1 piece	2 pieces
NATURAL YOGHURT	1 tub	2 tubs
LEBANESE CUCUMBERS	2	3
MESCLUN LEAVES	60g	120g
CASHEWS	60g	2 x 60g

FROM YOUR PANTRY

oil for cooking, olive oil salt and pepper, curry powder or ground turmeric, maple syrup or honey

NOTES

Allow the pumpkin, chickpeas and onion to cool slightly before tossing with the fresh salad to prevent wilting. To speed up the process, place the roasted vegetables in the fridge to cool.

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1. ROAST THE PUMPKIN & CHICKPEAS

Dice **pumpkin** and wedge **onion**. Drain and pat dry **chickpeas**. Toss on a lined oven tray with **2 tbsp curry powder** (see tip), **1 tbsp maple syrup, oil, salt and pepper**. Roast in oven for 20 minutes or until tender and cooked through and **pumpkin** caramelised.

6P- toss pumpkin, onion and chickpeas with 2 1/2 tbsp curry powder and 2 tbsp maple syrup.

TIP Add cauliflower florets or diced capsicum to stretch the dish. Curry powder can be substituted with an Indian curry paste.

2. PREPARE THE DRESSING

Peel and grate **ginger**. Combine with **1 tsp maple syrup, 2 tsp curry powder, yoghurt** and **1 tbsp olive oil**. Season with **salt and pepper** to taste.

TIP Add some crushed garlic or a squeeze of lemon juice for depth of flavour.

3. PREPARE THE SALAD

Slice or dice **cucumbers**. Toss with **mesclun leaves, roast pumpkin, chickpeas** and **onion** (see notes) on a large serving platter.

TIP Fresh cherry tomatoes, sliced radishes or herbs such as coriander and mint can be tossed through.

4. FINISH AND SERVE

Spoon **dressing** over **pumpkin salad**. Chop **cashews** and use to garnish.

TIP Add some fresh chopped coriander or mint if you have some.

This recipe has simplified instructions to help lower your meal cost.