



Honey Roasted Pumpkin Wedges and Chermoula Spiced Rice

with Roasted Tomatoes, Green Chilli Yoghurt, Pumpkin Seeds and Spring Onion

Calorie Smart

Preparation time : 40 min.



- | | |
|---|---|
|  |  |
| Hokkaido Pumpkin | Middle Eastern Style Spice Mix |
|  |  |
| Garlic Clove | Basmati Rice |
|  |  |
| Baby Plum Tomatoes | Onion |
|  |  |
| Green Chilli Paste | Greek Style Natural Yoghurt |
|  |  |
| Spring Onion | Vegetable Stock Paste |
|  |  |
| Chermoula Spice Mix | Pumpkin Seeds |
|  |  |
| Butter | Water for the Rice |
|  |  |
| Water for the Sauce | Honey |



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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/honey-roasted-pumpkin-wedges-and-cher-moula-spiced-rice-376>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Baking Tray, Medium Saucepan, Garlic Press, Lid, Bowl, Pan, Aluminum Foil

Ingredients for 1-6 people

Ingredient	2p	3p	4p
Hokkaido Pumpkin (unit(s))	1	1½	2
Middle Eastern Style Spice Mix (grams)	15	22½	30
Garlic Clove (unit(s))	2	3	4
Basmati Rice (grams)	150	225	300
Baby Plum Tomatoes (grams)	125	190	250
Onion (unit(s))	1	2	2
Green Chilli Paste (grams)	30	45	60
Greek Style Natural Yoghurt (grams)	75	150	150
Spring Onion (unit(s))	1	2	2
Vegetable Stock Paste (grams)	10	15	20
Chermoula Spice Mix (sachet(s))	1	1½	2
Pumpkin Seeds (grams)	15	30	30
Butter (grams)	10	15	20
Water for the Rice (milliliter(s))	300	450	600
Water for the Sauce (milliliter(s))	50	75	100
Honey (tbsp)	1	1½	2
Add yourself			

Salt, pepper, oil and water according to taste.

Nutritional values

Per serving	Amount
Energy (kj)	2546 kj
Energy (kcal)	608 kcal
Fat	16.9 g
of which saturates	6.2 g
Carbohydrate	95.4 g
of which sugars	27.8 g
Dietary Fibre	10.5 g
Protein	18.2 g
Salt	3.06 g

Allergens

Milk

Always check the product labels for allergen information.



Get Started

Preheat your oven to 220°C/200°C fan/gas mark 7.
Trim the **Hokkaido pumpkin**, then halve lengthways and scoop out the seeds.
Cut the **pumpkin halves** into 2cm wide wedges (no need to peel).



Spice and Roast

Pop the **wedges** onto a large baking tray.
Drizzle with **oil**, season with **salt** and **pepper**, sprinkle over the **Middle Eastern style spice mix**, then toss to coat. Spread out in a single layer. **TIP: Use two baking trays if necessary.**
When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Cook the Rice

Meanwhile, peel and grate the **garlic** (or use a garlic press). Pop a deep saucepan (with a tight-fitting lid) on medium heat. Melt in the **butter** (see pantry for amount).
When the **butter** has melted, add the **garlic** and stir-fry for 1 min. Stir in the **rice** until coated, 1 min. Add ¼ **tsp salt** and the **water for the rice** (see pantry for amount) and bring to the boil.
Once boiling, turn the heat down to medium and cover with the lid. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



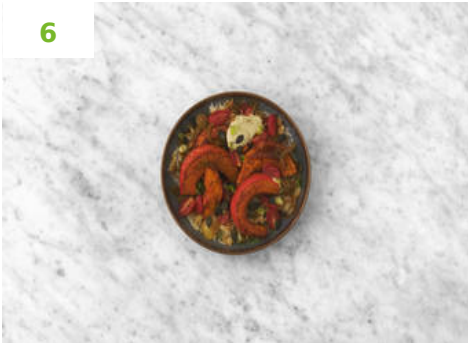
Finish the Prep

Meanwhile, halve the **tomatoes** and pop them onto a piece of foil with a drizzle of **oil**, then season with **salt** and **pepper**. Fold the foil, sealing on all sides to create a **parcel**.
Pop onto a large baking tray. Roast on the bottom shelf until softened, 15-20 mins.
While the **tomatoes** roast, halve, peel and thinly slice the **onion**.



Add the Flavour

Heat a drizzle of **oil** in a large frying pan on medium heat.
Once hot, add the **onion**, season with **salt** and **pepper** and fry, stirring occasionally, until golden, 10-12 mins.
Meanwhile, in a small bowl, mix together the **green chilli paste** and **yoghurt**. Trim and thinly slice the **spring onion**.
Once the **onion** has softened, stir in the **veg stock paste**, **chermoula spice mix** and **water for the sauce** (see pantry for amount). Simmer until thickened 2-3 mins.



Serve

Once everything's ready, add the **cooked rice** to the **spiced onion** and toss together. Season with **salt** and **pepper**.
Share the **spiced rice** between your serving bowls. Top with the **spiced pumpkin wedges** and **roasted tomatoes**. Drizzle the **honey** (see pantry for amount) over the **pumpkin pieces**.
Spoon over the **green chilli yoghurt**. Scatter over the **spring onion** and **pumpkin seeds** to finish.

Enjoy your meal!