



READY TO COOK
BY HARRIS FARM

ROASTED BUTTERNUT PUMPKIN WITH LENTIL CASSOULET, SPINACH AND HONEY MACADAMIAS



PREP
10 min



COOK
1 hr



SERVES
6

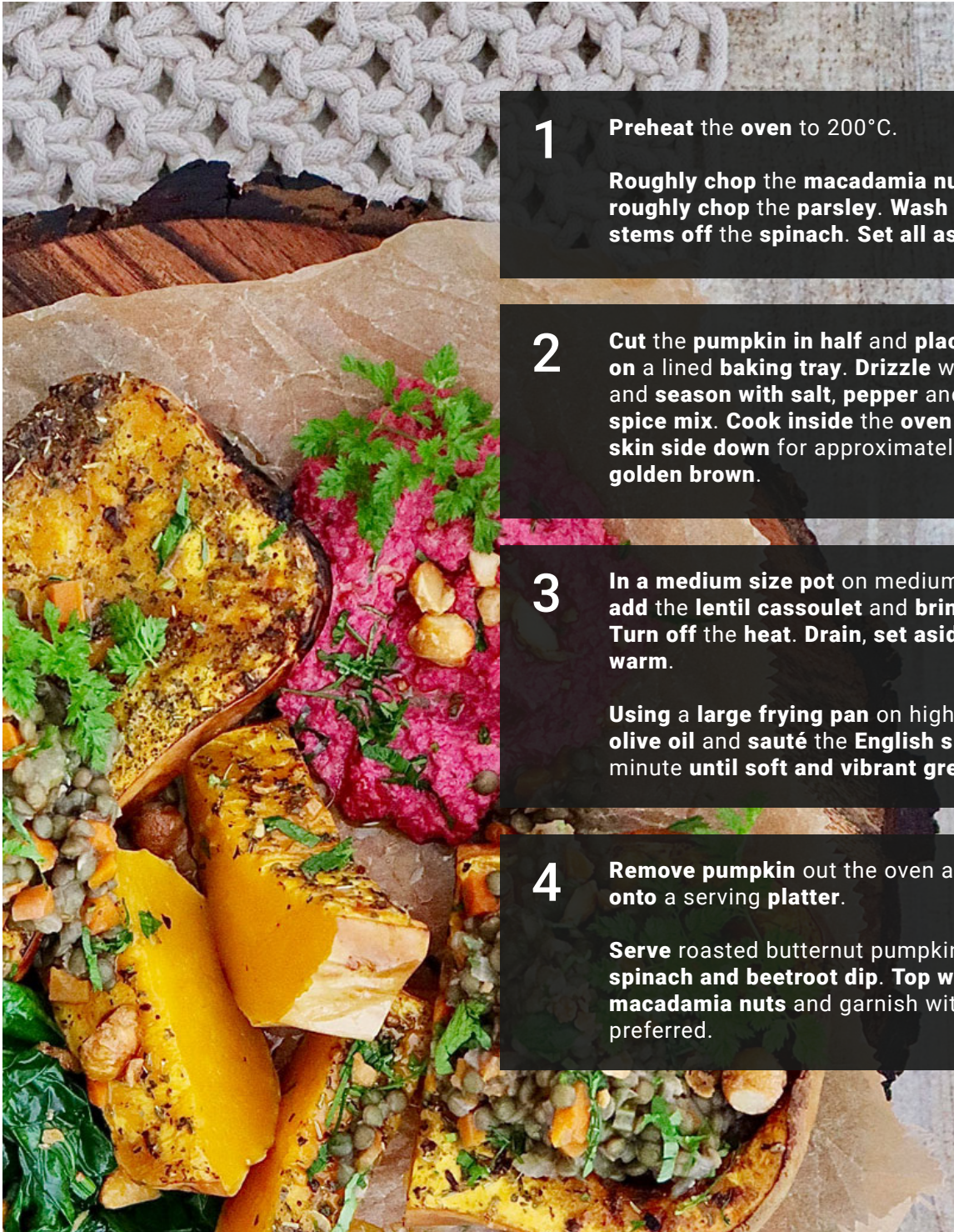
INGREDIENTS:

- > 1 Butternut Pumpkin
- > 1 Tbsp Spanish Spice Mix
- > 860g Lentil Cassoulet
- > 180g Beetroot Dip
- > 1 English Spinach Bunch
- > ½ Cup Honey Macadamias
- > ¼ Bunch Parsley

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil
- > ½ Chervil Bunch (Optional)
- > Salt and Pepper

METHOD – GET COOKING!



1

Preheat the oven to 200°C.

Roughly chop the macadamia nuts. Wash and roughly chop the parsley. Wash and cut the stems off the spinach. Set all aside.

2

Cut the pumpkin in half and place the halves on a lined baking tray. Drizzle with olive oil and season with salt, pepper and the Spanish spice mix. Cook inside the oven with the skin side down for approximately 1 hour until golden brown.

3

In a medium size pot on medium high heat, add the lentil cassoulet and bring to the boil. Turn off the heat. Drain, set aside and keep warm.

Using a large frying pan on high heat, drizzle olive oil and sauté the English spinach for ½ a minute until soft and vibrant green.

4

Remove pumpkin out the oven and place it onto a serving platter.

Serve roasted butternut pumpkin with sautéed spinach and beetroot dip. Top with honey macadamia nuts and garnish with chervil if preferred.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- There won't be any leftovers this time!

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



FEEDBACK OR QUESTIONS?

Shoot us an email at:
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