

Pumpkin

There are many different varieties available; Butternut, Golden Nugget, Kent and Grey just to name a few. The most common are round in shape with a thick hard skin ranging from blue-grey in colour to orange-red, with orange flesh.



**Mansfield Fresh
Food Drive**

For more information see veggycation.com.au

01 Storage

Store in cool, dark cupboard. If you've purchased a pumpkin that has already been cut into a portion, it is best to store it in the vegetable draw of your fridge.

02 Preparation

Remove seeds and core before use, and peel before or after cooking (optional).



04

Nutrition

Pumpkin is a great source of vitamin A (supports healthy vision) and vitamin C (supports a healthy immune system). It is also a great source of fibre which is important for our gut health.

03

Use

Pumpkin is a very versatile vegetable, it can be; steamed, mashed, roasted, or made into a delicious soup. Pumpkin is also a nice inclusion to curries and salads.

Slow cooker chickpea and pumpkin curry



INGREDIENTS

- 60g (1/4 cup) rogan josh curry paste
- 1 tablespoon finely chopped fresh ginger
- 1kg peeled chopped butternut pumpkin
- 400g can finely diced tomato
- 2 fresh curry leaves
- 400g can chickpeas, rinsed, drained
- 225g frozen cauliflower florets (or florets of 1/2 fresh cauliflower)
- Fresh coriander sprigs, to serve
- Sliced long fresh green chilli, to serve (optional)
- Greek-style yoghurt, to serve (optional)
- Steamed brown basmati rice, to serve



METHOD

Step 1

Place the curry paste (including some of the oil) and the ginger in the base of the slow cooker. Set the slow cooker to high.

Step 2

Add the pumpkin to the slow cooker and turn to coat. Add the tomato, curry leaves and 80ml (1/3 cup) water. Cover and cook for 2 1/2 hours or until the pumpkin is tender.

Step 3

Add the chickpeas and cauliflower to the slow cooker. Cover and cook for a further 20-30 minutes or until the cauliflower has warmed through. Season well.

Step 4

Set aside half of the curry (see tip). Top the remaining curry with coriander and dollop with yoghurt. Sprinkle with chilli (if using) and serve with rice.

Recipe from taste.com.au