

Pumpkin

Available

All year round, limited supply in December and January.

Store



In a cool, dark, dry place. Once cut, scoop out the seeds, wrap and refrigerate.



Prepare

To cut a pumpkin:



Place pumpkin on a non-skid board. Cut in half. Scoop out seeds with a spoon.



Slice each pumpkin half into half again.



Slice pumpkin into portions.



Remove the skins.

Tip Some pumpkin have tough skins. Try cooking with the skin on and then the flesh can be removed.



Cook Can be:



Baked



Boiled or steamed



Mashed



Grated into soups and stews



Pumpkin and chicken curry

(serves 8)

Ingredients

- 1 tablespoon canola oil
- 2 onions, peeled and diced
- 1 tablespoon curry powder
- Ground pepper to taste
- 3 cups water
- 1/4 cup coconut milk
- 1 stock cube
- 1/2 pumpkin, diced
- 1 cup frozen peas
- 1 cup sliced beans (fresh or frozen)
- 2 cups sliced cooked chicken

To serve:

- 4 cups cooked brown rice
- Fresh mint

Method



1 Heat oil in a large pan, add onion and cook until clear.



2 Add curry powder, pepper and mix well.



3 Add water, coconut milk, stock cube and pumpkin. Bring to the boil, reduce heat and simmer for 15 minutes, until pumpkin is soft.



4 Add peas, beans and chicken. Stir gently for 5 minutes, until steaming hot.

Serve with hot, cooked brown rice and garnish with mint.

For more easy, fast and affordable food ideas visit healthykids.org.nz/eat/recipes, vegetables.co.nz or heartfoundation.org.nz/recipes