

# Midsummer House

'Jack be little' pumpkins, pepper and pumpkin seed stir fry



Serves 4

Prep time - 20 minutes

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## Equipment list -

Bowl

Deep roasting tin or casserole dish

Tin foil

Large frying pan or wok

Small frying pan or saucepan

## Allergens -

Nuts - coconut

## Roasted pumpkins

## Ingredients -

4 'Jack be little' or any small pumpkins

1 tbsp ground cumin

1 tsp ground cinnamon

2 tbsp coconut oil

Pinch salt

100ml water



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## Method –

Preheat the oven to 180 degrees C

Cut the top off the pumpkins leaving a 3 cm lid.

Use a teaspoon to scoop out the seeds and discard.

Mix the remaining ingredients together in a bowl.

Coat the outside of the pumpkins with the mixture as well as spooning some inside.

Place all 4 pumpkins in a deep roasting tray or casserole dish.

Pour the water into the tray and cover tightly with tin foil.

Bake in the oven for 30 minutes or until the pumpkins are soft but hold their shape.

## Stir fry

### Ingredients –

Coconut oil

1 yellow pepper, finely sliced

1 red pepper, finely sliced

1 green pepper, finely sliced

1 bunch spring onions, finely sliced

2 carrots, peeled and stripped using a vegetable peeler

1 tsp fresh ginger, peeled and chopped finely

3 cloves garlic, sliced

4 tbsp pumpkin seeds

2 tbsp Chinese five spice

## Method –

Preheat the oven to 180 degrees C.

Place a large frying pan or wok on a high heat.

Add the pumpkin seeds and toast for 1 minute, remove from the pan.

Add the coconut oil to the pan and allow it to start smoking.

Add the peppers and cook for 1 minute, stirring constantly.

Add the rest of the vegetables and cook for 2 minutes.

In a separate pan, heat the Chinese five spice for 1 minute over a medium heat before adding to the rest of the vegetables.

Season with salt and add the seeds.

Spoon the stir fry into the pumpkins, replace their lids and cook in the oven for 3 minutes or until the butternut squash is warmed through.

Serve with steamed brown rice (50g raw rice per portion) or on its own as a light meal.

