

# Pumpkin

## Available

All year round, but 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:



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



2 Slice each pumpkin half into half again.



3 Slice pumpkin into portions.



4 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 pea curry

(serves 8)

## Ingredients

1 tablespoon canola oil  
2 onions, peeled and diced  
1 tablespoon curry powder  
Pinch salt  
Pepper to taste  
1 kilogram diced pumpkin  
3 cups water  
1 cup frozen peas  
1 cup sliced beans  
2 cups sliced cooked chicken

### To serve:

4 cups cooked brown rice  
Fresh mint

## Method



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



Add curry powder, salt and pepper and mix well.



Add pumpkin and water, bring to the boil, reduce heat and simmer for 15 minutes (until pumpkin is soft).



Add peas, beans and chicken and cook, stirring gently for 5 minutes (until steaming hot).

Serve with hot cooked brown rice and garnish with mint.

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