

Roasted Vege Medley

Pumpkin diced (about 2 cups)
3-4 other veges diced (about 2 cups)
(eg eggplant, zucchini, red capsicum,
red onion, mushrooms)
Herbamere
1 cup cooked brown rice or quinoa
rocket or baby spinach
balsamic vinegar

Toss diced veges with 1 teaspoon of olive
or coconut oil, & place on baking tray lined
with baking paper, sprinkle with herbamere
& bake until golden brown.

Toss veges with cooked brown rice
or quinoa & place on a
bed of rocket or spinach.
Drizzle with balsamic
vinegar & serve.



Pumpkin & Chickpea Curry

4 cups of diced roasted pumpkin
1 large onion diced
4 cloves of garlic finely diced
2 tablespoons finely diced ginger
1 teaspoon curry powder
1/2 teaspoon herbamere
2 can chickpeas drained & rinsed
4 large tomatoes diced
120g bag of baby spinach
270ml can 'light' coconut milk
270ml water
juice of half a lemon
bunch of coriander chopped

In a large pan, place onions, garlic, ginger,
spices, tomatoes & stir.
Add chickpeas, coconut milk, water & gently
simmer.
Just before serving, toss through pumpkin
& spinach, add lemon juice & garnish
with coriander.

Pumpkin Soup

4 cups pumpkin diced
1 onion diced
1 teaspoon curry powder
1 teaspoon cumin
whole garlic bulb diced
2cm piece of ginger peeled & chopped
1teaspoon Herbamere
1 x 270ml can 'light' coconut milk
plus 270ml of water

In the bottom of a large saucepan place onion,
garlic, ginger and spices & stir.
Add pumpkin & coconut milk & water.
Cook on a low heat until veges are soft.
Puree using a stick blender

Pumpkin Pancakes

1 cup roasted or steamed pumpkin
1 egg
1 teaspoon cinnamon
1 tablespoon buckwheat flour
pinch of herbamere
coconut oil or butter/ghee

Whisk pumpkin and egg well.
Add remaining ingredients &
whisk again.
Melt oil in a frying pan on low heat.
Make sure the oil or butter/ghee has
heated so the pancakes are less
likely to stick.
Place spoonfuls in the pan.
Flip when golden brown.