

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 cans 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
1 teaspoon 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

1/2 cup roasted or steamed pumpkin
1 cup quick oats
1 teaspoon cinnamon
2 teaspoon baking powder
1 tablespoon vinegar
pinch of herbamere

Blend all ingredients in a food
processor.
Let the mixture sit for about 5 minutes
for the oats to fluff up.
Place spoonfuls of mixture on a hot
non-stick pan.

Flip when golden brown.