



The Ethnic Communities' Council
Love Food Hate Waste project celebrates
the diversity of food and cultures in NSW

Whole stuffed pumpkin

This is a vegan recipe, good for when pumpkins are cheap.

Ingredients:

¼ cup chia seeds
2 teaspoons finely chopped rosemary
Zest of 1 lemon
1-2 cloves of minced garlic
¼ teaspoon sea salt
A pinch of freshly ground black pepper or cayenne
½ cup pre-cooked whole mung beans, lentils or
adzuki beans
2 cups leftover cooked grains (rice, barley)
1 small Jap pumpkin
2 teaspoons oil



Preparation:

Gently fry garlic and rosemary in oil until garlic is golden and then remove from heat.
Cut a lid out of the top of the pumpkin and scoop out the seeds.
Replace lid and bake whole pumpkin until soft (about 45-60 minutes in a moderate oven).
Remove lid and with a spoon carefully scoop out half of the soft pumpkin, chop if necessary.
Place the soft pumpkin in a bowl with garlic, rosemary, lemon zest, pepper, salt, cooked
beans and grains, pumpkin seeds, chia seeds and stir thoroughly.
Pack the mix back into the pumpkin, replace lid and return to the oven for another 20
minutes.
Place whole pumpkin on a platter and cut wedges to serve.

This can be cooked in advance and refrigerated.
Can heated up or served cold if the weather is warm.

Alternatives:

For a vegetarian version, add 2 eggs instead of the chia seeds and 100-200 grams crumbled
fetta cheese.

For a meat version, add 2 eggs and 200 grams of browned minced beef, kangaroo, lamb,
pork or finely diced bacon (you can be creative!)

