

# Fruit & Vege Co-op



## Pumpkin

STORAGE	PREPARATION
<ul style="list-style-type: none"> <li>- Store whole pumpkins in a cool, dark, dry place.</li> <li>- Store cut pumpkin (seeds removed) in the vegetable section of the fridge.</li> </ul>	<ul style="list-style-type: none"> <li>- Cut a section out of the whole pumpkin and remove the skin by cutting away from you (if roasting, no need to remove the skin).</li> <li>- Remove seeds and stringy pieces and cut into pieces.</li> <li>- <b>TIP:</b> To make it easier to chop the pumpkin, heat in the microwave first.</li> </ul>
ADD FLAVOUR	VEGE UP
<ul style="list-style-type: none"> <li>- Add spices such as nutmeg, coriander or dried tarragon to cooked pumpkin.</li> <li>- Mash boiled pumpkin with kumara or potatoes with a little milk.</li> </ul>	<ul style="list-style-type: none"> <li>- Add small cubes of pumpkin to casseroles, curries and stews at the beginning of cooking.</li> <li>- Add cooked, mashed pumpkin to basic scone and muffin recipes.</li> </ul>
COOKING	
<ul style="list-style-type: none"> <li>- Boil in water covered for about 8 minutes or until just tender, depending on size of the pieces.</li> <li>- Steam over a pot of boiling water for 15 minutes.</li> <li>- Microwave ½ a medium pumpkin with a little water in a covered dish for about 10 minutes.</li> </ul>	

### RECIPE: Glazed Pumpkin and Meatball Bake (Serves 4) *Source: NZ Beef and Lamb recipes.co.nz*

500g mince  
 400g pumpkin, peeled  
 2 potatoes (medium size), peeled  
 2 parsnips or carrots, peeled  
 ¼ cup tomato sauce  
 1 egg, lightly beaten  
 ½ tsp dried mixed herbs or 1 Tbsp chopped fresh herbs  
 2 Tbsp flour



**FACT:** Did you know pumpkin is high in vitamin A which helps with your eye sight and maintaining a healthy immune system.

#### Glaze

¼ cup tomato sauce  
 1 Tbsp soy or worcestershire sauce

1. Preheat oven to 200°C. Cut vegetables into even bite sized pieces and toss in oil. Put in ovenproof dish or roasting pan and bake for 30 minutes.
2. Mix the mince, tomato sauce, egg and mixed herbs together. Season with salt and pepper. Mould into 8 large meatballs and dust with flour.
3. Heat oil in frying pan, add meatballs and brown quickly on all sides. Remove vegetables from the oven and sit meatballs on top.
4. Stir the glaze ingredients together and brush over the meatballs.
5. Return the vegetables and meatballs to the oven and cook for a further 20-30 minutes. Serve with greens.

All recipes are available on our website by visiting [www.rph.org.nz](http://www.rph.org.nz) > Nutrition > Fruit and Vege Co-op

