Mrs Last's Group
Kale, Quinoa and Roasted Pumpkin Pilaf

Season: All year
Type: vegetable
Difficulty: Medium
Recipe Source: taste
Fresh from the garden: pumpkin, onion, garlic, ginger, kale

### Equipment:
- Knives
- Chopping board
- Spoon measures
- Cup measures
- Scales
- Saucepan
- Baking tray
- Wooden spoon
- Fry pan

### Ingredients
- 800g pumpkin, peeled, seeded, cut into 1.5cm cubes
- Spray olive oil
- 1 tablespoon olive oil
- 1 onion, finely chopped
- 2 garlic cloves, crushed
- 1 teaspoon finely grated ginger
- 1 teaspoon ground coriander
- 1/2 teaspoon turmeric
- 1 cup quinoa, rinsed, drained
- 100g trimmed kale leaves, shredded
- 1/4 cup pepitas, lightly toasted

### What to do:
- Preheat oven to 200°C or 180°C fan forced.
- Line a large baking tray with baking paper.
- Place the pumpkin on prepared tray, spray with olive oil.
- Roast for 30 - 40 minutes or until golden and tender.
- Meanwhile, heat the oil in a large saucepan over a medium heat.
- Cook onion, stirring occasionally for 5 minutes or until softened.
- Add the garlic, ginger, coriander and turmeric, cook stirring for 1 minute.
- Add quinoa and 500ml (2 cups) water, bring to the boil.
- Reduce heat to low, cover and simmer for 12-15 minutes, or until water has evaporated and quinoa is al dente.
- Stir through kale until just wilted, then gently stir through the roasted pumpkin, pepitas and season with sea salt and freshly ground black pepper.