

PUMPKIN AND LENTIL TARTLET

200g diced pumpkin

½ kg lentils

2 large onion

½ bunch celery

20g chopped parsley

2 lemons (juice)

20g cumin

1kg vegan shortcrust pastry

Salt and pepper for seasoning

2 cloves garlic chopped fine

* Roast pumpkin in preheated oven - 180°C - 200°C for 20 minutes. Cook lentils for 30 minutes. Dice onion and celery and sauté with garlic until brown. Add lemon juice, cumin, parsley and seasoning and then combine together with lentils and pumpkin. Lay pastry out in the tartlet tin and fill with mixture 70-90% full. Bake in oven 25-30 minutes at 160°C - 170°C

SPLIT PEA FRITTERS

Green organic split peas (soak the peas for 24 hours prior)

200 g fine diced carrots

1 bunch finely sliced shallot

½ bunch chopped parsley

2 lemons (zest)

20g cumin

1 bunch coriander chopped

2 large onion chopped

200g rice flour

2 cloves garlic chopped

½ bunch basil chopped

* Boil split peas for 20-30 minutes until cooked. Refresh in cold water then drain and put aside. Sauteé all other ingredients till tender – not brown. Let it cool then add peas and seasoning. Make into 35g of mixture (fritter) and deep fry in sunflower oil until golden brown.

PUMPKIN, GINGER, CUMIN AND CARROT SOUP

2kg sweet potato

5kg pumpkin

200g ginger

50g cumin

3kg carrot

6-8L vegetable OR vegan stock (onion, carrot, fennel, celery, garlic, ginger, black pepper and chilli with water)

* Dice pumpkin, onion, sweet potatoes and carrot and roast of in pot until brown and cooked. Add veggie stock and cook for 30-45 mins. Blend into creamy soup and chopped parsley for garnish.

ROASTED PUMPKIN, AVOCADO, CHICKPEA AND TOFU SALAD

2kg pumpkin (tossed in cumin and brown sugar and roasted until caramelized)

4 avocados sliced

1kg chickpeas cooked until tender

500g tofu – lightly fried in sunflower oil

200g rocket washed

200ml olive oil (reserve some oil for dressing)

15g chopped parsley

* Roast pumpkin in brown sugar and cumin until caramelised and cooked. Season avocado with a touch of lemon juice and olive oil. Arrange salad in large salad bowl and build with pumpkin, chickpeas, tofu and rocket. Top with avocado, chopped parsley a drizzle of olive oil and seasoning.