

Amaranth & Tofu Filled Pumpkin

If you can't get amaranth then use quinoa instead. I wanted to fill 2 small butternut pumpkins but they didn't have any at the market so I used a Japanese pumpkin. You could also fill zucchinis, potatoes or capsicums with this filling. Even pumpkin has 21 mg of calcium for every 100g.

Enough for 3 to 4 people with a salad

Ingredients

1 small Japanese pumpkin or 2 small butternut pumpkins
300g firm tofu crumbled
2 cups cooked amaranth or quinoa
½ cup almonds
4 cup leafy greens cut small (I used silverbeet, kang kung and moringa)
1 cup broccoli cut small
¼ cup currants
25g fresh sage finely cut
4 bay leaves
50g parsley finely cut
2 onions finely diced
8 cloves garlic minced
2 tsp tamari
Chilli (optional)
2 splashes of olive oil
Salt and pepper to taste
3 tbsp miso

Tahini Sauce

8 tbsp tahini
Juice 1 lemon
Water to thin

Method

1. Cut the pumpkin in half and scoop out the seeds. Place on a baking tray and bake for 30 to 45 minutes or until the flesh is soft.
2. Place the cooked amaranth in a mixing bowl.
3. Place the oil in a wok with the onion, bay leaves, garlic and a couple pinches of salt, sauté for a few minutes then add the leafy greens and herbs and cook until wilted. Add the tamari, currants and miso and ¼ cup water. Cook until miso is mixed through. Transfer this into the bowl with the amaranth.
4. Add another splash of oil to the wok and cook the tofu for 5 minutes, add the almonds and cook for a few minutes. Transfer to the bowl with the veggies.
5. Mix everything together, taste for pepper and salt.
6. Fill the pumpkin with the mixture and place in the oven for 10 to 15 minutes to heat through.
7. For the tahini sauce, place the tahini and a pinch or two of salt into a bowl with lemon juice and water to thin.
8. When the pumpkin and filling is warmed through drizzle on the tahini sauce.



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