

AUTUMNAL VEGETABLES OF THE SEASON
ARE FILLED WITH LOVELY FLAVOUR

STUFFED PUMPKIN



Pumpkin as mere Halloween decoration on the windowsill? Far from it! Stuffed pumpkin also makes a favourite dish that's become so popular in the depths of autumn. With quinoa, nuts and almond paste, it's filled with all kinds of delicious ingredients that puts a smile on the face of everyone who tries it.

Ingredients (Serves 4):

» 2 small pumpkins (such as butternut)

» 4 tsp oil

» Sea salt (to taste)

For the creamed almonds:

» 100g almonds

» 1 tbsp soy yogurt

For the stuffing:

» 200g quinoa

» 100g pine nuts

» 100g shelled walnuts

» 2 red chillies

» 300g cooked chickpeas

» 1-2 tbsp olive oil

» 2 tbsp soy sauce

» ½ tsp Cayenne pepper

» 120g cranberries

» 1 tbsp maple syrup

» ¼ tsp ground cinnamon

» 1 tsp curry powder

» Salt

» 100g spinach

NOBILIA RECIPE COLLECTION



- 01.** Preheat the oven to 180 °C top/bottom heat. Line a baking tray with baking paper.
- 02.** Wash the pumpkins, pat dry and cut in half lengthwise. Remove the seeds with a spoon. Coat the pumpkin halves with 1 tsp oil and season with a pinch of salt. Place on the baking tray and bake in the oven (centre) for about 45 minutes.
- 03.** Meanwhile, for the creamed almonds, toast the almonds in a pan without oil and then grind them in a high-powered blender to an almond butter. Blend the buttered almonds with the yogurt until smooth.
- 04.** For the stuffing, cook the quinoa as instructed on the packet, strain well. Toast the pine nuts and walnuts in a frying pan without fat. Wash the chillies, pat dry, remove the seeds and chop finely. Rinse the chickpeas, drain well and fry in a pan with half tbsp oil for 2 minutes. Add the soy sauce, reduce and season with ¼ tsp cayenne pepper.
- 05.** Mix the quinoa with the pine nuts, walnuts, chilli, chickpeas and cranberries. Season with the remaining oil (1 tbsp), maple syrup, ¼ tsp cayenne pepper, cinnamon and curry powder, and season as necessary with salt. Clean the spinach, taking out any wilted leaves, wash, dry and coarsely chop. Fold into the quinoa mixture. Place a pumpkin half on each plate, fill with quinoa and serve with the creamed almonds.

ENJOY!