

Pumpkin with Brown Rice & Toasted Seeds



We love putting together simple meals with fresh wholefood ingredients. Pepitas (especially toasted) add a whole other dimension to any dish with their delicious flavour and crunch. Here we combine 3 of our favourite wholefoods to make the perfect vegetarian meal....brown rice, butter nut pumpkin and pepitas. Our recipe calls for both feta and parmesan cheese, though if you are looking for a vegan alternative, you could easily substitute these with some fresh baby spinach leaves and an additional seed such as toasted sunflower seeds. Enjoy!

Serving size: 4

Ingredients:

300g Organic Brown Rice

100ml olive oil

1/2 red onion (finely chopped)

400g peeled butternut pumpkin

1 teaspoon paprika

1 teaspoon cumin seeds (coarsely ground)

1/2 cup vegetable stock

8 large kalamata olives, roughly sliced

80 g Feta cheese, crumbled

80g Parmesan cheese, grated

2 tablespoons pepitas

Method:

1. Cook rice until tender and drain well.

2. Heat 2 tablespoons olive oil in a non stick saucepan over medium to high heat to saute the onion, stirring occasionally until caramelised (approx 6 minutes).
3. Add the diced pumpkin and stir occasionally until it starts to golden on the outside (approx 4 minutes).
4. Add the spices and stir until fragrant (1 minute).
5. Add your stock and bring to the boil, then reduce to simmer, covered, until the pumpkin is tender (approx 2-3 minutes).
6. Remove the pumpkin mixture from the pan and set aside.
7. Heat the remaining oil in a non stick pan on medium to high heat and add the rice. Stir occasionally until the rice starts to toast.
8. Plate up some of your rice, then top with the pumpkin mix.
9. Scatter the olives, cheeses and toasted pepitas on top and garnish with a sprig of fresh basil and drizzle of olive oil. Enjoy!

Gluten Free | Vegetarian | Refined Sugar Free