



Pumpkin Stew

Adaptation of my mom's recipe. A nice balance between the tangy pomegranate molasses and sweet pumpkin

Nutrition Facts/100 grams of Pumpkin: Calories 244, Protein 2g, Carbs 49g, Fat 5sg

Cooking process and additional ingredients added at home will affect the total value.

Preparation Time: 10 min, **Cooking Time:** 30



INGREDIENTS

Pumpkin (700 grams),

Onion, Garlic

Tomato Paste

Pomegranate Molasses

Chickpeas

Spices, Olive Oil

Organic Broth

Rice (1 cup)

METHOD

1. Place a large pot over **medium-low** heat, add oil and swirl to heat. Add pine nuts & cook until **just golden**. Remove from heat then carefully remove pine nuts & drain on absorbent paper. Make sure most of the oil remains in the pot.
2. Drain the chickpeas and rinse, set aside.
3. Dissolve broth in boiling water using 500 ml for every broth cube. Add tomato paste and pomegranate molasses and whisk to homogenize. Set it aside.
4. Reheat the oil over medium heat, add onions with a pinch of salt and continue cooking until it starts to golden. Add the pumpkin & cook for 2 minutes stirring.
5. Add garlic & toss for 30 seconds. Add chickpeas toss & another 30 seconds.
6. Add reserved liquids to pot, spices and half the salt.
7. Stir to combine, bring to boil, reduce heat to low and simmer uncovered.
8. Continue cooking this way for 25 minutes or until pumpkin is tender but not too mushy (retain shape but can be easily cut with a spoon). Switch off the stove. Rest for 5 minutes, then carefully transfer to a deep serving bowl and serve with cooked rice topped with pine nuts.

Steamed Plain Basmati Rice

9. Place rice in a suitable container & cover with excess cold water 2cm above rice. Gently run fingers through & stir to release starch.
10. Decant water taking care not to dump any rice. Repeat 3-5 times or until water runs clear, strain in colander for about 5 min to get rid of excess water.
11. Place pot over high heat and add water (as per instructions on package) & salt. As soon as the water starts boiling add rice & swirl pot or stir very gently.
12. Return to boil then cover, reduce heat to low & simmer for about 15-20 minutes then remove from heat & keep covered for 5 minutes more. Gently fluff with fork and serve.