

Stuffing Filled Pumpkins

Food Foundations

OSHC



Serves: 20

Prep Time: 15 minutes

Cook Time: 45 minutes

Ingredients

- 2 butternut pumpkins, halved, seeds and some flesh scooped out
- 1 onion, finely diced
- 1 carrot, grated
- 1 parsnip, grated
- 1 sweet potato, grated
- ½ cup frozen peas, thawed
- 4 cloves of garlic, crushed
- 2 tablespoons mixed herbs
- 3 eggs
- 2 tablespoons dried cranberries

Method

1. Preheat an oven to 180°C.
2. Cover a large baking tray or dish with baking paper and lay out the pumpkin halves.
3. Combine all of the vegetables, garlic, mixed herbs, eggs and dried cranberries in a large mixing bowl.
4. Spoon the filling into each half of the pumpkins.
5. Place pumpkin halves onto the lined baking tray or dish and bake for 45 minutes or until the pumpkin is cooked through.
6. Cut each pumpkin piece into five portions each.
7. Serve as a vegetable side at a meal.

Recipe Notes:

If you have a food processor, use this to finely chop up the carrot, parsnip and sweet potato. Scoop out a bit of flesh with the seeds of the pumpkin so that the filling can fit. Serve this recipe as a vegetable side for a hot Christmas meal!

Food Group	Serves provided per portion
Vegetables	1.5
Fruit	<0.1
Grain foods	0
Lean meat and alternatives	0.1
Milk, yoghurt and cheese	0