



Pumpkin
QCWA Product of the Year

RECIPE BOOKLET

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QCWA Country Kitchens Pumpkin Recipe Booklet

The Queensland Country Women's Association proudly presents the Country Kitchens program, aimed to support Queenslanders to improve their health by adopting healthier lifestyle behaviours.

Country Kitchens provides useful nutrition information and basic cooking skills in an environment of fun and friendship with QCWA members in their local branches. The program is proudly funded by Health and Wellbeing Queensland and is underpinned by 5 key messages:



Get more fruit and veg into your meals



Cook at home



Check your portion size



Be aware of sugar in your drinks



Sit less, move more

This recipe booklet has been designed to showcase healthy recipes for the 2024 QCWA Product of the Year - pumpkin. It is intended to accompany the Country Kitchens 2024 Product of the Year Community Activity Guidelines.

Each recipe in this booklet meets the QCWA Country Kitchens nutrition criteria. This means that recipes highlighted as 'everyday foods' contain at least one serve of fruits and/or vegetables per portion, and no added sugar or salt. These are healthy foods recommended by the Australian Dietary Guidelines for daily consumption. The recipes highlighted as 'discretionary foods' contain at least half a serve of fruit and/or vegetables per portion, and should be consumed only sometimes and in small amounts.

We hope that the recipes in this booklet will inspire you to get into the kitchen to prepare and serve healthy, delicious recipes that feature pumpkin for your next QCWA meeting or event!

If you would like more recipes or information about the QCWA Country Kitchens program, please visit the website: qcwacountrykitchens.com.au

Healthy Pumpkin Recipes

Pumpkin is a very versatile ingredient. It can be used in sweet and savoury dishes for breakfast, lunch, dinner and snacks! In fact, all parts of the pumpkin can be consumed including the skin, seeds, flesh and flowers. In this recipe book, you will find a variety of pumpkin recipes for any occasion.

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Pumpkin and Chickpea Coconut Curry

Serves: 6

Prep time: 10 minutes

Cook time: 20 minutes



3 serves per portion

Ingredients

2 tablespoons sunflower oil

1 large brown onion, chopped

4cm piece fresh ginger, grated

4 garlic cloves, crushed

2 tablespoons yellow curry paste

2 x 400g cans chickpeas, drained and rinsed

400mL can light coconut milk

2 cups cooked pumpkin, mashed

1 cup vegetable stock, salt reduced

2 limes, juiced

¾ cup fresh coriander leaves, chopped

Method

HEAT oil in large pan over medium heat.

ADD onion, ginger, garlic and curry paste. Stir until aromatic, around 2 minutes.

STIR in chickpeas, coconut milk, pumpkin and vegetable stock. Do not allow to boil, just slow simmer until heated through.

ADD lime juice to taste and serve with a sprinkle of coriander.



Everyday Food

Recipe courtesy of the Country Kitchens team

Pumpkin, Coconut and Ginger Soup

Serves: 4

Prep time: 30 minutes

Cook time: 45 minutes



2 serves per portion

Ingredients

1 kg pumpkin (any variety), roughly chopped

4 tablespoons olive oil

1 teaspoon ground cumin

2 teaspoons ground turmeric

½ teaspoon ground cinnamon

Pinch of cayenne pepper (*optional*)

Pepper, to taste

1 brown onion, diced

3 garlic cloves, diced

3cm piece fresh ginger, grated

500mL chicken or vegetable stock

270mL can light coconut milk

Method

PREHEAT oven to 180°C.

PLACE chopped pumpkin on a baking tray lined with baking paper.

DRIZZLE pumpkin with 2 tablespoons olive oil and sprinkle over cumin, turmeric, cinnamon, cayenne pepper and pepper. Mix well to evenly coat pumpkin in spices.

ROAST for approximately 45 minutes, or until pumpkin is soft and caramelised.

SAUTE onion, garlic and ginger in frypan with 2 tablespoons olive oil until fragrant and onion is soft.

BLEND roasted pumpkin, onion, garlic and ginger, chicken stock and coconut milk with stick blender, or in standard blender, until smooth.

HEAT soup in a saucepan on stove or microwave to serve.



Everyday Food

Recipe courtesy of Lindsey Thynne, Country Kitchens team

Pumpkin Lasagne

Serves: 6

Prep time: 30 minutes

Cook time: 50 minutes



3 serves per portion

Ingredients

1 kg pumpkin (any variety), peeled and cubed

2 tablespoons olive oil

2 tablespoons Italian herbs

1 teaspoon dried sage

Pepper, to taste

500g ricotta

½ cup parmesan cheese, grated

240g frozen spinach, thawed and chopped

1 onion, finely diced



Everyday Food

400g passata

375g instant lasagne sheets

1 cup reduced fat cheddar
cheese, grated

Method

PREHEAT oven to 180°C.

PLACE chopped pumpkin on a baking tray lined with baking paper. Drizzle with 2 tablespoons olive oil and sprinkle with Italian herbs, sage and pepper. Mix well to ensure pumpkin is evenly coated.

ROAST for 45 minutes, or until pumpkin is soft and caramelised. Roughly mash roasted pumpkin.

COMBINE ricotta, half the parmesan, spinach and onion in a separate bowl.

POUR approximately ¼ of the passata onto the base of a casserole dish, ensuring it is coated evenly.

PLACE a layer of lasagne sheets over the passata base. Spoon over a layer of ricotta mixture and then pumpkin mixture.

TOP with more lasagne sheets and then repeat the process until all the mixture is used up, ending with a layer of lasagne sheets on top.

POUR remaining passata over the final layer of pasta sheets. Top with remaining parmesan and tasty cheese.

COVER in foil and cook in oven for 30 minutes.

REMOVE foil and cook for an additional 20 minutes, until golden on top.

Recipe courtesy of Lindsey Thynne, Country Kitchens team

Roasted Chickpea and Pumpkin Salad

Serves: 6

Prep time: 20 minutes

Cook time: 50 minutes



2 serves per portion

Ingredients

1 small butternut pumpkin, peeled, cut into 3cm pieces

2 small red onions, cut into wedges

6 baby beetroots, washed and halved

½ cup walnuts, roughly chopped

1 avocado, peeled and cubed

½ lemon, juiced

2 tablespoons extra virgin olive oil

3 spring onions, finely chopped

Pinch black pepper

Method

PREHEAT oven to 180°C.

PLACE pumpkin, onion and beetroot onto a baking tray and drizzle with a little olive oil.

BAKE for 50 minutes and allow to cool.

TOAST walnuts in a pan on medium heat for 5 minutes.

COMBINE avocado, lemon juice, olive oil, spring onions, pepper and oregano in a large bowl and toss to coat the avocado pieces.

ADD the baked vegetables, chickpeas and walnuts to the avocado. Toss to combine.

GARNISH the salad with crumbled feta, a drizzle of balsamic vinegar, and mint leaves.



Everyday Food

1 teaspoon dried oregano

400g can chickpeas, drained

100g reduced fat feta cheese, crumbled

Balsamic vinegar, to drizzle

½ cup fresh mint leaves

Recipe courtesy of the Country Kitchens team

Spinach, Leek and Pumpkin Frittata

Serves: 4

Prep time: 15 minutes

Cook time: 50 minutes



3 serves per portion

Ingredients

4 cups pumpkin (any variety), peeled and cubed

2 tablespoons olive oil

1 tablespoon mixed herbs

Black pepper, to taste

2 leeks, washed and finely sliced

2 garlic cloves, finely diced

400g baby spinach

8 eggs

2 cups natural yoghurt, reduced fat

120g reduced fat cheddar cheese, grated

Method

PREHEAT oven to 170°C. Line a pie dish with baking paper.

PLACE pumpkin on a baking tray. Drizzle with 1 tablespoon of oil and toss through mixed herbs and pepper. Bake in the oven for 25 minutes.

HEAT remaining olive oil in a frypan over medium heat. Add leek and stir to cook until soft. Add garlic and spinach and stir until spinach is wilted.

WHISK eggs, yoghurt and cheese together in a bowl. Stir in roasted pumpkin, leek, and spinach mix.

POUR mixture into lined pie dish.

BAKE for 20-25 minutes or until golden and set.

SERVE warm or cold with a side salad.



Everyday Food

Recipe courtesy of the Country Kitchens team

Pumpkin, Cheddar and Caramelised Onion Triangles

Serves: 20

Prep time: 15 minutes

Cook time: 50 minutes

 ½ serve per portion

Ingredients

½ small kent pumpkin, peeled and cut into chunks

2 tablespoons olive oil

2 brown onions, thinly sliced into rings

200g reduced fat cheddar cheese, grated

½ cup walnuts, finely chopped

½ cup dates, finely chopped

2 sprigs thyme (*optional*)

5 sheets reduced fat puff pastry

1 egg, whisked with 1 tablespoon of water for egg wash

¼ cup mixed sesame, pepita and sunflower seeds, for topping (*optional*)

Method

PREHEAT oven to 200°C.

COAT pumpkin with 1 tablespoon olive oil and roast in the oven for 45 minutes.

COOK onion in a frypan with remaining olive oil, stirring until soft, brown and caramelised.

MASH roasted pumpkin in a bowl and combine with onion, cheddar, walnuts, dates and thyme.

CUT each square of pastry into quarters and spoon 2 tablespoons pumpkin mix into each pastry square. Repeat process until pumpkin mix has been used up.

FOLD each pastry square into triangles and press down on the edges with a fork.

PLACE pumpkin pastry triangles onto a lined baking tray.

MIX water with egg and coat the pastry with egg wash. Sprinkle with seeds.

BAKE in the oven for 20 minutes or until golden brown.

SERVE hot or cold as a snack or with a side salad for a meal.



Discretionary Food

Recipe courtesy of Maddy Noon, Country Kitchens team

Pumpkin, Polenta and Herb Muffins

Serves: 12

Prep time: 15 minutes

Cook time: 30-35 minutes

 ½ serve per portion

Ingredients

300g pumpkin, peeled and cut into 4cm pieces

1 cup wholemeal self-raising flour

½ cup self-raising flour

1 cup instant polenta

½ small red capsicum, very finely chopped

1 tablespoon thyme leaves

2 tablespoons pepitas (pumpkin seeds)

1 cup natural yoghurt

2 eggs

1 tablespoon extra virgin olive oil

1 cup cheddar cheese, grated

1 tablespoon parmesan cheese, grated

Method

PREHEAT oven to 200°C. Line a 12-hole muffin pan with baking paper.

STEAM the pumpkin for 5-10 minutes, or until soft, then mash with a fork and let cool.

COMBINE the flours, polenta, capsicum, thyme and half the pepitas in a large bowl, making a well in the centre.

WHISK the yoghurt, eggs and oil in a separate bowl until combined.

STIR the mashed pumpkin and cheeses through the egg mixture. Pour into the dry ingredients and gently stir until just combined.

DIVIDE the batter evenly among the muffin holes and scatter the remaining pepitas over the top.

BAKE for 30-35 minutes, or until the muffins are golden and a skewer comes out clean.



Everyday Food

Recipe courtesy of the Country Kitchens team

Roasted Pumpkin Hummus

Serves: 8

Prep time: 20 minutes

Cook time: 25 minutes



½ serve per portion

Ingredients

- 1 ½ cups pumpkin, peeled and cubed
- 400g can chickpeas, rinsed and drained
- 1 teaspoon cumin powder
- 1 lemon, juiced
- 1 tablespoon tahini
- 3 tablespoons olive oil
- 2 garlic cloves
- ½ teaspoon vegetable stock powder
- Pepper, to taste
- Pepitas, to serve (*optional*)
- Vegetable sticks, to serve

Method

PREHEAT oven to 180°C.

PLACE pumpkin on a baking tray and toss in 1 tablespoon of olive oil. Bake in the oven for 25 minutes. Set aside to cool.

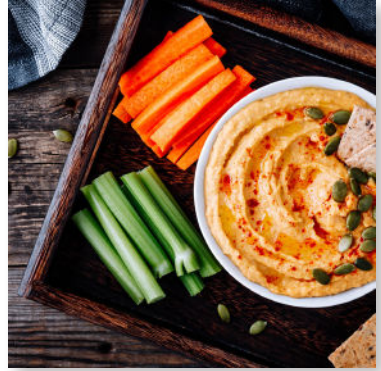
ADD roasted pumpkin, chickpeas, cumin, lemon juice, tahini, remaining olive oil, garlic, stock powder and pepper to food processor and blend until smooth.

TRANSFER to a bowl and sprinkle with pepitas (*optional*).

SERVE with a variety of vegetable sticks.

Serving suggestion: Try serving with a sprinkle of the Country Kitchens lemon myrtle and macadamia dukkah recipe!

Recipe courtesy of the Country Kitchens team



Everyday Food

Smashed Pumpkin Bruschetta

Serves: 4

Prep time: 5 minutes

Cook time: 0 minutes



1 ½ serves per portion

Ingredients

2 cups roasted pumpkin

1 tablespoon pesto (store bought or homemade)

4 slices sourdough toast

260g jar chargrilled capsicum, drained

50g reduced fat feta

8 kalamata olives, halved

1 tablespoon pepitas or roasted pumpkin seeds

Pepper, to taste

1 teaspoon balsamic vinegar

Method

HEAT pumpkin in the microwave for one minute.

SPREAD pesto on each slice of toast.

MASH pumpkin onto toast.

ADD capsicum, feta, olives, pepitas/pumpkin seeds and pepper.

DRIZZLE with balsamic vinegar and serve.



Everyday Food

Recipe courtesy of Maddy Noon, Country Kitchens team

Banana and Pumpkin Loaf

Serves: 8

Prep time: 30 minutes

Cook time: 50-60 minutes



1 serve per portion

Ingredients

2 overripe bananas, mashed

2 eggs, beaten

1/3 cup light olive oil

1 1/3 cups pumpkin, steamed, cooled, mashed

1/3 cup sweet potato, steamed, cooled, mashed

1/3 cup honey

2 cups plain flour

1 teaspoon baking powder

1 teaspoon bicarbonate soda

1/2 teaspoon ground cinnamon

1/2 teaspoon ground nutmeg

1/2 teaspoon ground ginger



Discretionary Food

Method

PREHEAT oven to 180°C.

MIX all ingredients in a large bowl until combined.

POUR mixture into loaf tin lined with baking paper.

BAKE for 50-60 minutes or until a skewer comes out clean.

Recipe courtesy of the Country Kitchens team

Pumpkin and Date Wholemeal Scones

Serves: 10

Prep time: 20 minutes

Cook time: 15-20 minutes



½ serve per portion

Ingredients

1 egg

2 tablespoons butter, softened

¼ cup sugar

1 cup cooked mashed pumpkin, cooled

¾ cup milk (or slightly more)

2 cups wholemeal self-raising flour

2 cups self-raising flour

1 cup pitted dates, chopped

Method

PREHEAT oven to 200°C.

BEAT the egg, butter, sugar, pumpkin and milk together.

ADD the flours and dates.

STIR with a knife or spatula until just combined. It makes a soft, moist, sticky dough.

PLACE on a well-floured surface and gently pat the dough out to a thickness of 20mm to 25mm.

CUT with a scone cutter and place on a tray lined with baking paper.

BAKE in preheated oven for 15 to 20 minutes.

REMOVE from tray and cool on a rack.



Discretionary Food


Recipe courtesy of Cheryl Hannant, Mount Larcom Branch

Spiced Pumpkin Muffins

Serves: 12

Prep time: 20 minutes

Cook time: 20-25 minutes

 ½ serve per portion

Ingredients

¾ cup self-raising flour

¾ cup wholemeal self-raising flour

½ teaspoon nutmeg

½ teaspoon mixed spice

½ cup firmly packed brown sugar

½ cup sultanas

1 egg

½ reduced fat milk

¼ cup vegetable oil

1 cup pumpkin, mashed and cooled



Discretionary Food

Method

PREHEAT oven to 180°C. Line a 12-hole muffin pan with muffin cases.

SIFT flour and spices into a bowl and stir in sugar and sultanas.

BEAT egg, milk and oil together in a separate bowl.

ADD pumpkin to egg mixture and combine well with a whisk.

ADD the dry ingredients to the wet ingredients and combine.

SPOON mixture into muffin holes.

BAKE for 20-25 minutes or until a skewer comes out clean.

Recipe courtesy of Beverley Milligan, Millaa Millaa Branch



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