

Pumpkin, Lentil and Chickpea Dahl

A delicious way to use up your hallowe'en pumpkin or that butternut squash hanging about your fridge AND we show you how to use the seeds too.

These recipes have been developed by Michelle O'Dwyer to use up rescued fruits and vegetables collected by Feedback's Gleaning Network.

Offering a friendly, holistic approach to food education, Bay Tree Catering has teamed up with Feedback's The Alchemic Kitchen project.

Alchemic Kitchen is a Feedback social enterprise working alchemy with surplus food. We create delicious new products and build food citizenship and skills in the North West through education, training and events.

Find out more:

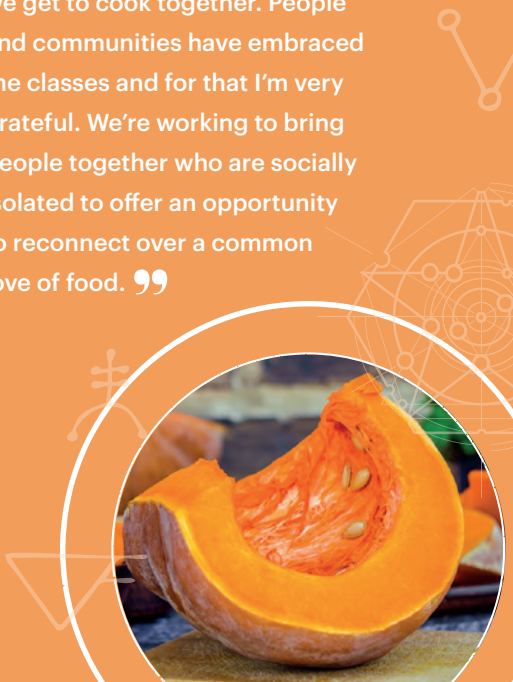
www.feedbackglobal.org/alchemickitchen

Professional Chef and Bay Tree Catering owner, Michelle O'Dwyer has worked in the food industry for many years and loves the way cooking brings people together. She said...

“
I get to meet so many fantastic people from all walks of life and we get to cook together. People and communities have embraced the classes and for that I'm very grateful. We're working to bring people together who are socially isolated to offer an opportunity to reconnect over a common love of food.”



ALCHEMIC
KITCHEN  FEEDBACK



Pumpkin, lentil and chickpea dahl



You will need:

- 1 tbsp sunflower oil
- 1 onion, finely chopped
- 2 tbsp garam masala
- 1 tbsp of grated ginger
- 1 tsp ground turmeric
- ½ tsp cayenne pepper or chilli powder (optional)
- 400g pumpkin, peeled & diced (keep seeds)
- 2 x 400g tin chopped tomatoes
- 1.2 L vegetable stock
- 300g red lentils, rinsed and drained
- 400g tin chickpeas, rinsed and drained

Method

Heat a suitable sized pan over a medium heat, add the oil and sauté the onions, garlic and ginger until softened & a golden colour. Stir in the spices and continue to sauté over a low heat for a further few minutes. Add the pumpkin, chopped tomatoes, stock and lentils. Stir well.

Cover and cook on low heat until lentils are soft and pumpkin is cooked. Stir in the chickpeas and adjust the seasoning 30 minutes before the end of the cooking time.

Finish by stirring in the fresh spinach leaves and the lemon zest, garnish with the coriander.

Toasted Pumpkin Seeds

Rinse the pumpkin seeds well. Use your fingers to remove all the pulp.

Drain the pumpkin seeds and discard the pulp.

Leave them on tray to dry out.

Heat the oven to 120c or gas mark 2.

Line the baking sheet with nonstick baking parchment.

Toss the pumpkin seeds in the olive oil or fry light.

Sprinkle with salt, or add any spice you like for the extra kick.

Tossing every 15 to 20 minutes, until golden brown and dry. About a hour.

Cool the pumpkin seeds before eating. Store them in an airtight container at room temperature for up to 3 months.

