

Night 1 – BBQ With Lots Of Veg



Prep time: 15 mins

Cooking time: 30 mins

Serves: 4-6 + leftovers for lunch & pumpkin for tomorrow night's curry

Ingredients:

For the BBQ:

1 large jap pumpkin

Veggies for BBQ – I used 6 mushrooms & 2 bunches of broccoli

Meat (I used 6 sausages & 10 meatballs for us)

Green salad:

2 large handfuls green salad leaves

100g nuts/seeds (I used macadamia)

1 tsp smoked paprika

Dressing:

1 tbsp seeded mustard

3 tbsp apple cider vinegar

2 tbsp maple syrup

1/2 cup extra virgin olive oil

salt & pepper to taste

Method:

Step 1:

Chop the pumpkin into thin slices – aim for about 2–3cm wide – along with the other veg you enjoy eating on the BBQ. Give the veggies a generous pour of olive oil and a sprinkle of S & P. Toss and set aside.

Step 2:

Heat your BBQ (or your oven to 200°C if you want to cook inside using baking paper-lined trays) and start by cooking the pumpkin. You're aiming to get lovely crispy edges, so don't be afraid to put it on before everything else is prepped. When ready, cook your BBQ as you normally would.

Step 3:

When the BBQ is nearly done, toss your choice of nuts/seeds in the smoked paprika and lightly cook (use a frypan if you're inside). Combine the salad and pour some of the dressing over the top.

Serving suggestions:

Set aside 1/2 to 3/4 of the pumpkin so you can use it in tomorrow night's curry. Serve everything else in the middle of the table and have the family help themselves. Easy peasy!

Stace's tip:

Aim for 3/4 of your meal to be veg when having a BBQ. I cook nearly every type of veg on the BBQ with my favourites being corn and pumpkin.

Make ahead tip:

Chop and marinate all the veg, ready for the hot BBQ.

Allergies:

Nuts – Use seeds or leave out altogether.

Vegetarian – Grill some tempeh or halloumi, or just focus on the lovely grilled veg and add a few extra nuts/cheese, so you have a source of protein and calcium.

Night 2 – Veggie Curry



Prep time: 15 mins

Cooking time: 30 mins

Serves: 4-6 + leftovers for tomorrow night's pie

Ingredients:

Sauce:

2 heaped tablespoons mild korma curry paste

Leftover pumpkin

500ml [broth](#) or water

Curry:

1 large onion

3 garlic cloves

1 tin of lentils (400g)

6 cups veggies – I used broccoli, carrots, peas, potato and the leftover salad from last night

270ml coconut cream

Rice:

1 cup of rice

Method:

Step 1:

Using a blender or stick blender, puree the pumpkin with the curry paste and water. You may want to do this in batches.

Step 2:

Meanwhile, finely chop your onion and garlic and sauté them in a frypan with a little olive oil. Pop your rice on to cook too – follow the packet instructions or 1 $\frac{3}{4}$ cups of water to every 1 cup of rice will do the trick.

Step 3:

Once the onion is soft and is starting to brown, pour in the pumpkin sauce and add the veggies. You may want to add a touch more broth/water if it needs it. Allow it to simmer for 15 minutes or until the veggies are soft. When you're ready to serve, stir in the lentils and the coconut cream.

Serving suggestions:

Serve the curry with the rice. I find my kids enjoy 40% curry to 50% rice and I stir theirs together. Hubby and I prefer 80% curry with just a little rice.

Stace's tip:

If you want meat in this dish, go ahead and add some shredded chicken, beef or lamb.

Make ahead tip:

Make it all up the night before and heat ½ of it for dinner tonight.

Allergies:

Onions & garlic – Leave them out. However, they will be in the korma paste. You could always make your own up using turmeri, cumin and coriander powder instead.

Other ways to use your BBQ pumpkin that aren't curry:

- 1 Dahl with the pumpkin blended into the sauce
- 2 Pumpkin risotto
- 3 Mac & Cheese with pumpkin as the 'cheese' sauce
- 4 Pumpkin soup
- 5 Pizza topping
- 6 Pumpkin lasagna
- 7 Salad with pumpkin chunks
- 8 Mashed through rice for homemade sushi
- 9 Pumpkin patties
- 10 Baked into porridge for breakfast
- 11 Pumpkin hummus

Night 3 – Veggie Pie



Prep time: 5 mins

Cooking time: 40 mins

Serves: 4-6

Ingredients:

Leftover pumpkin curry

1 puff-pastry sheet

1 egg

Method:

Step 1:

Pop your oven onto 180°C (for fan-forced) and put the leftover curry into a pie dish.

Step 2:

Cover the curry with the pastry sheet – there's no need to make this perfect, just get it on there.

Step 3:

Whisk up an egg up with a splash of cold water or milk and, using a pastry brush, wash the pastry with the egg mixture. Then pop the pie in the oven for 40 minutes or until the pastry is lovely and brown. You should see the curry bubbling out the sides too – if it isn't, pop it back in the oven for a touch longer.

Serving suggestions:

Serve the pie with a salad, steamed greens or just as is.

Stace's tip:

If you have time, make individual pies for the kids – they'll LOVE it and can help put the pastry on too.

Make ahead tip:

Pop the curry in your pie dish, ready for tomorrow.

Allergies:

Egg – Leave it off, wash the pastry with olive oil or butter instead.

Dairy – Buy a dairy-free pastry, or turn it into a cottage pie and put mashed potato on top.

Gluten Free - You can buy GF pastry, or use mashed potato to top the pie instead.

Other ideas for 1 Meal = 3 Dinners

Roasted meat - Burritos – Hot Pot

Baked chicken – Stir-fry – Rice paper rolls

Stir-fry – San Choy Bau – Spring rolls

Bolognese – Muffins – Pancakes

Fish – Fish cakes – Fish pâté

Fish – Fish tacos – Fish & lentil salad

Roasted veg – Veggie patties – Veggie hummus

Mashed potato – Fish Pattie – Gnocchi

Salad – Soup – Stirred through scrambled eggs

Bread – Bread & butter pudding – Breadcrumbs