



pumpkin, spinach and chick pea salad

SERVES 4

INGREDIENTS

500g diced pumpkin
salt to taste

1 x 400g can chick peas, rinsed and drained
200g baby spinach leaves

DRESSING

1 tsp chopped garlic
½ tsp chopped chilli
1 Tbsp lemon juice
½ cup lite olive oil

METHOD

Cook pumpkin in lightly salted water until soft.
Drain and transfer to a bowl.

Add chick peas and spinach.

Mix all dressing ingredients together. Drizzle over salad, toss gently and serve.

Variation: use sliced silver beet leaves.



yams, onions and lentils

SERVES 4

INGREDIENTS

1 Tbsp olive oil
2 cloves garlic, finely chopped
2 onions, diced
400g brown lentils
6 cups vegetable stock
6 yams, sliced in half
2 cups rocket or sliced spinach
2 Tbsp lemon juice
4 black olives, stoned and sliced
salt and freshly ground pepper to taste

METHOD

Place oil in a large heavy-based frying pan. Add garlic and onions and cook over low heat for 5 minutes without colouring.

Add lentils and vegetable stock, stir, and bring to the boil. Cover and simmer for 20 minutes.

Add yams and cook, uncovered, for a further 20 minutes, or until lentils and yams are tender. Add more water if necessary.

Stir in rocket, lemon juice and olives, cover and cook for 5 minutes or until rocket has wilted.

Season with salt and pepper and serve.

Variation: use chopped kumara, potatoes, pumpkin, swede, earth gems or parsnip in place of yams.



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vegetarian delish dishes

Celebrating fresh New Zealand grown vegetables



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jungle curry SERVES 4

INGREDIENTS

- 1 Tbsp vegetable oil
- 2–3 Tbsp jungle curry paste
- 2 cups water
- 1 large eggplant, diced
- 2 carrots, peeled and sliced
- 250g green beans, sliced
- 2 cups sliced Asian greens
- 4 cups cooked rice
- 4–8 basil sprigs for garnish
- 1 red chilli, chopped for garnish



METHOD

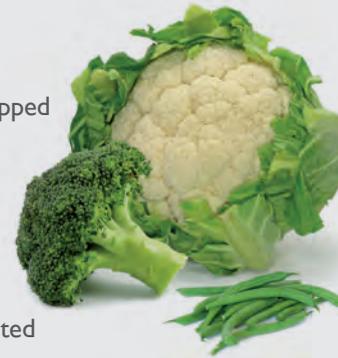
- Heat oil in a heavy based saucepan.
- Add jungle curry paste and stir fry for 1–2 minutes.
- Add water and bring to the boil.
- Add eggplant, carrots and beans and simmer until cooked.
- Add Asian greens and stir through.
- Serve with rice, garnished with basil leaves and chopped chilli.



balti vegetables SERVES 4

INGREDIENTS

- ½ cup florets broccoli
- ½ cup florets cauliflower
- ½ cup sliced green beans
- 6 shallots, peeled and chopped
- 1 Tbsp vegetable oil
- 2cm piece ginger, sliced
- 4 cloves garlic, crushed
- ¼ tsp fennel seeds
- 1 tsp cumin seeds
- 2 Tbsp sesame seeds, toasted
- ¼ tsp ground turmeric
- 6 yams, sliced into quarters or 2 carrots, chopped
- 6 cherry tomatoes
- salt to taste
- ½ green capsicum, deseeded and chopped
- ½ red capsicum, deseeded and chopped



METHOD

- Bring a saucepan of water to a rapid boil. Blanch broccoli, cauliflower, beans and shallots separately until just becoming tender.
- Heat oil in a large non-stick pan over high heat. Add shallots, ginger, garlic, fennel, cumin and sesame seeds. Sauté for 2 minutes or until fragrant. Add turmeric and cook for 2 minutes.
- Add yams, blanched vegetables, tomatoes and salt. Toss vegetables to coat with spices.
- Reduce heat, add capsicums and cook covered for 5 minutes. Serve.

roasted eggplant – bengan bharta SERVES 4

INGREDIENTS

- 2 large eggplants
- 1 Tbsp vegetable oil
- 1 onion, chopped
- 1 tsp cumin seeds
- 1cm piece ginger, finely chopped
- 4 cloves garlic, finely chopped
- 2 tsp mild curry powder
- 1 tsp ground turmeric
- salt to taste
- 1 green chilli, deseeded and sliced
- 3 tomatoes, diced
- ½ cup chopped coriander
- 1 Tbsp lemon juice



METHOD

- Preheat oven to 180°C. Roast eggplants in preheated oven for 45 minutes or until soft. Cool, remove skin, mash eggplant and set aside.
- Heat oil in a large heavy-based frying pan over high heat. Add onion, cumin, ginger and garlic. Cook until onion is golden brown.
- Add curry powder, turmeric, salt, chilli, and tomatoes and cook for 5 minutes or until tomatoes are soft.
- Add mashed eggplant, mix and cook for 2 minutes.
- Remove from heat, add coriander and lemon juice and serve.

