



Heather Smith

07967 995416

heather@fitbiztraining.co.uk

Recipe of The Month September 2015

I received a pumpkin in my veg box last week and couldn't think of a quick meal to make with it.

A quick flick through Nigel Slaters Tender cookbook (fabulous book, all the recipes are listed by vegetable) gave me this great recipe which I've tweaked a little...

Enjoy.

Who said eating healthily was boring?!



What I'm Cooking: Pumpkin Laksa

Serves: 4

Prep: 15 mins

Cook: 30 mins

Ingredients

- 1 pumpkin / butternut squash, diced
- 2 chillies - to taste
- 2 cloves garlic
- Thumb size piece of root ginger
- 2 stalks lemongrass
- Handful coriander stalks and leaves
- 2 tablespoons sesame oil
- 6 large chicken thighs, diced
- 600ml chicken stock
- 400ml coconut milk

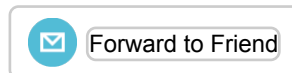
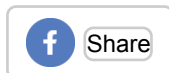
- 2 tablespoons fish sauce
- 1 lime, juice
- 100g dried rice noodles

Method

1. Steam the pumpkin for about 15-20 minutes until soft and cooked through
2. Make the spice paste by blitzing the chillies, garlic, ginger, lemongrass, coriander and sesame oil
3. Fry the spice paste in some coconut oil for a minute, then add the chicken and cook for another couple of minutes, until the chicken has got a good covering in the paste and has started to cook
4. Add the stock and coconut milk and bring to the boil, adding the fish sauce, lime, noodles and cooked pumpkin
5. Let the whole lot cook together for another 10 minutes or so then serve

Until next time, enjoy staying healthy!

Best wishes,



[unsubscribe from this list](#) [update subscription preferences](#)