

Namaste Pumpkin Patis

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This delightful vegetarian dish features tasty Indian flavours. We’ve added some eggs for extra protein to make this a complete, filling and nutritious meal.

Serves	4-5	Per serve	
Prep time	25 minutes	Carbs	10.7 g
Cook time	20 minutes	Protein	9.0 g
Difficulty	●●●	Fat	20.4 g
		Energy	266 Cal

INGREDIENTS

For the pumpkin patis:
4 cups peeled, chopped pumpkin
($\frac{1}{3}$ - $\frac{1}{2}$ a pumpkin)
2 tbsp olive oil
 $\frac{1}{2}$ tsp ground cumin
small pinch of chilli powder
1 egg, whisked
small bunch of coriander,
roughly chopped
1 tsp finely grated ginger
 $\frac{1}{2}$ tsp salt
1-2 tbsp almond meal, as needed

For the palak sauce:
1 tbsp olive oil
1 onion, finely sliced
1 tsp curry powder
 $\frac{1}{4}$ cup cream
 $\frac{1}{2}$ bag baby spinach

To serve:
3-4 hard-boiled eggs, sliced
or grated (optional)

METHOD

Pre-heat the oven to 200°C fan (230°C regular). Line an oven tray with baking paper.

Place the pumpkin in a microwave-safe bowl with a few tablespoons of water and microwave on high for 10-12 minutes, stirring every few minutes, until soft. Drain and allow to cool for a few minutes.

Add the remaining pumpkin patis ingredients except the almond meal to the bowl and mix together. If the mix seems too wet, add a little almond meal as needed - you want the mix to hold together when you shape it. Shape the mix into fist-sized cakes and lay on the lined oven tray. Bake for 10-12 minutes, until hot and begin to turn golden.

Meanwhile, make the sauce. Heat the oil in a large frying pan over a high heat, add the onion and a pinch of salt and cook, stirring often, for 2-3 minutes to soften slightly. Add the curry powder and cook, stirring, for 30 seconds. Add the cream and cook, stirring, for about 2 minutes until slightly thickened. Add the spinach and stir through until wilted. Remove the pan from the heat.

To serve, place the patis on serving plates and top with the palak sauce, plus the egg if you wish.

