



Crispy Carrot Spiced Pumpkin Poke Bowl

Serves 4 Cook 15 mins

Ingredients for Spiced Roast Pumpkin
450gr. pumpkin, cut into large bite-sized
3 tbsp. olive oil
1 tsp. curry powder
1 tsp. ground coriander
1 tsp. ground cumin
1 tsp. smoked paprika
1 tsp Cajun mix
Sprinkle of salt
Black pepper

Method

In a large roasting tray add the pumpkin chunks with the oil, spices, salt and pepper and coat well.

Place the pumpkin in the oven and allow to roast for approx. 30 or until the pumpkin is cooked through and starting to caramelize.

Ingredients for Poke Bowl
Brown rice, Quinoa and raisins
Spiced pumpkin
Spicy Asian Slaw
Gourmet mixed salad mix
Cucumber sticks
Capsicum sticks
Boiled eggs
cherry tomatoes
Avocado ½ with black sesame seeds on top
Hummus
Dressing of your choice
Fetta to crumble on top



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Method

In a bowl, use the hummus to create a streak across one side of the plate,
Add the quinoa and rice to one side.

Add the salad mix in the middle, arrange the spiced pumpkin next to it. Add the eggs,
cucumber sticks, capsicum, the slaw near it and crumble the feta all over the top.
Pour your salad dressing over the top