

Roast Pumpkin & Chickpea Steamed Rice Paper Parcels(GF No fat)

Recipe source: SAKGP Shared Table

Fresh from the garden pumpkin, Cavolo Nero or silverbeet, spring onions, parsley, sage

<u>Equipment</u>	<u>Ingredients</u>
Large bowls and colander Small bowls Tea towels Measuring spoons and cups Measuring jugs Chopping boards Vegetable knife Vegetable peeler 2 large mixing bowls Scissors Wooden spoon Large bowl (to fit rice paper) Steamer and steamer basket	Rice paper wrappers 100 g pumpkin, peeled and cut into 2 cm chunks 2 spring onions, peeled and finely chopped 1 clove garlic, peeled and finely chopped 3 leaves silverbeet or Cavolo Nero, shredded 200 g tinned chickpeas (drained and rinsed) 1 large handful parsley, chopped 1 small handful of sage leaves, finely chopped salt and pepper, to taste

What to do

To make the filling:

Cut, peel and dice 100g pumpkin.

Transfer to a baking tray and roast in the oven for about 30 minutes until golden.

Allow to cool.

Heat the frying pan over medium heat.

Peel and finely chop 1 spring onions, and 1 clove garlic, peeled and finely chopped

Sauté the onion and garlic together for 5 minutes until soft and translucent.

Shred 3 leaves silverbeet or Cavolo Nero.

Add the shredded silverbeet to the pan and cook for a minute, or until wilted. Set aside and allow to cool.

Remove the leaves from a small handful of parsley and chop roughly.

Remove the leaves from a small handful of sage leaves and chop finely.

Measure out 200g chickpeas and add to a large bowl. Using a potato masher, roughly mash the chickpeas.

Add the roasted pumpkin to the chickpeas and mash again.

Combine the silverbeet mixture, parsley, sage, salt and pepper with the mashed pumpkin and chickpeas and mix well.

Taste and add salt and pepper for seasoning.

To assemble and steam the rice paper parcels:

Fill a large bowl with warm water.

Place two rice papers together. Note which side is the smooth side, this is the outside of the rice paper roll. Submerge the rice papers into the water (both of them at the same time, together) for 2 seconds.

Place both the rice papers (one on top of the other, they will stick together) on a board or the counter with the smooth side down.

Place 2 tbsps of the pumpkin mixture in the centre of the rice paper. Fold each side over the mixture. Fold top of the rice paper down and bottom of the rice paper up over the parcel to form a square parcel. The rice paper is sticky, so it will seal itself.

Prepare the steamer over boiling water.

Place the parcel in the steamer with the smooth side of the roll up and the seam underneath. Place each parcel in a separate place in the steamer.

Steam for 5 minutes, or until the filling looks firm and heated through. Remove carefully from the steamer with tongs and allow to cool slightly before serving with soy sauce or Home Made Tomato Sauce.

ENJOY!