

**Pumpkin and Chickpea Casserole**

**Season:** summer

**Type:** main

**Difficulty:** Medium

**Serves:** 30-40 tastes

**From garden:** pumpkin, cherry tomatoes, capsicum, thyme/rosemary

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| **Equipment:*** Chopping board
* Knife
* Frying pan
* Casserole dish
* Foil
 | **Ingredients:*** 1 tbs olive oil
* 1.2kg pumpkin
* 2 red onions
* 1 green or red capsicum
* 2 cans chickpeas
* 2 cloves garlic
* 6 sprigs thyme or rosemary
* 1 ½ cups vegetable stock
* 400g cherry tomatoes
* 200g spinach or silverbeet
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**What to do:**

1. Set oven to 190 degrees celcius.
2. Cut pumpkin into 1 cm cubes, keep them small so they will cook through in time.
3. Cut red onions into wedges and capsicum into thin strips.
4. Heat olive oil in frying pan, add pumpkin, red onion and capsicum fry for 10 minutes.
5. Meanwhile, drain and rinse chickpeas and make up vegetable stock from stock cube.
6. Add garlic and thyme to frying pan, stir to for 1 minute, until aromatic.
7. Then add the vegetable stock, tomatoes and chickpeas, mix well.
8. Pour into the casserole dish and cover, bake in the oven for 30mins or until pumpkin is soft.
9. Wash spinach and clean up.
10. Remove casserole from oven, add spinach cover for 2 minutes to allow spinach to wilt then mix well. Serve.