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## FAT BURNING PUMPKIN RECIPES



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### Pumpkin Risotto

- 1 pint vegetable or chicken stock
- 1 small onion, chopped
- 12 fresh sage leaves, finely chopped
- 2 tablespoons of coconut oil
- 6oz Arborio rice
- 9oz pumpkin, diced small
- 2 oz ORGANIC butter
- Salt n black pepper



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Heat the stock to boiling then keep to a very low heat.

In a separate heavy-based saucepan, sweat the onion in the oil until soft but not browned. Add the chopped sage and cook for another 2 minutes.

Add the rice and mix well to coat the grains with oil, then pour in 1/3 of the stock and bring to a gentle simmer. Cook until almost all the stock is absorbed. Add the pumpkin and a little more stock, and continue until the stock is absorbed.

Continue adding a little stock at a time, until the pumpkin is al dente. You may not need all the stock. The mixture should be loose and creamy.

Stir the butter into the risotto and season with salt n pepper.

Risotto should be served with parmesan but it's not booty friendly, so do without!!!!



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### Pumpkin Ratatouille

- 1 tbsp coconut oil
- 1 onion, chopped
- 1 green pepper, seeded and diced
- 1 courgette, diced
- 4 tomatoes, diced
- 2 garlic cloves, crushed
- ¼ tsp paprika
- 1 tsp fresh Rosemary or Thyme or ¼ dried
- Salt n pepper



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Heat the oil in a large pan. Cook the onion for 5 minutes then add the green pepper, pumpkin, courgette, tomatoes and garlic.

Sprinkle with the paprika, herbs and salt n pepper to season. Cover the pan and cook gently for 30 minutes stirring occasionally until all the vegetables are tender. Serve immediately.



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### Warming curry, coconut n pumpkin soup

- 4 tablespoons coconut oil
- 1 large onion, chopped
- 1 clove garlic, minced
- 750ml vegetable stock or water
- 425g fresh pumpkin
- 1 teaspoon curry powder
- ½ teaspoon salt
- ¼ teaspoon ground coriander
- ¼ teaspoon crushed dried chilli flakes
- 250ml coconut milk



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Heat the coconut oil in a deep pot over medium heat. Stir in the onion and garlic and cook until the onion is translucent, about 5 minutes. Mix the stock, pumpkin, curry powder, salt, coriander and chilli flakes. Cook at a simmer and stir for about 10 minutes. Cover and boil 15-20 minutes more, stirring occasionally. Whisk in the coconut milk, and cook for another 5 minutes. Blend the soup and reheat briefly over a medium heat before serving.



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### Pumpkin Dopiaza

- 2 onions , thinly sliced
- 2 tbsp coconut oil oil
- 1 garlic clove , crushed
- 1 tsp each ground cumin , coriander and curry powder
- pinch chilli powder
- 400g pumpkin (peeled weight), cut into chunks
- 1 tbsp tomato purée
- 400g can black beans in water, drained and rinsed
- 200g spinach, washed



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Heat oven to 190C/fan 170C/gas 5. Toss half the onions in 1 tbsp oil, then roast for 15-20 mins, until they are crisp and golden.

Meanwhile, fry the remaining onion in the oil until lightly golden. Add the garlic and spices; cook for 1 min. Add the pumpkin, stir in the tomato purée and 425ml boiling water, then return to the boil. Simmer, covered, for 15 mins, then stir in the beans. Cook for a further 5 mins.

Put the spinach in a colander and pour over a kettle of boiling water until it is wilted. Press with a wooden spoon to remove excess water, then roughly chop. Stir into the curry, then warm through. Serve scattered with the crisp roasted onions.



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### Chicken and pumpkin Chinese curry

- 2 skinless, boneless chicken breast halves - cut into chunks
- Salt n pepper to season the chicken
- 4 tablespoons coconut oil
- 900g (Approx) Pumpkin-- peeled, seeded and cubed
- 1 onion, chopped
- 2 cloves garlic, chopped
- 2.5cm piece fresh ginger root, finely chopped
- 1 tablespoon ground coriander
- 1 tablespoon ground cumin
- 1 pinch ground turmeric
- 1 teaspoon red pepper flakes
- 200g canned coconut milk
- 350ml chicken stock
- Salt n pepper to taste
- 2 teaspoons rice flour mixed with a little water



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Season the chicken pieces with salt n pepper and set aside. Heat 1 tablespoons of coconut oil in a large pan over medium heat. Add chicken to the pan; cook and stir until browned on the outside and cooked through. Remove from the heat and set aside.

Melt the other 1 tablespoons of coconut oil in a separate pan over medium heat. Add onion, garlic and ginger; cook and stir until onion is transparent. Season with coriander, cumin, turmeric, and red pepper flakes. Continue to cook and stir until spices are fragrant. Add pumpkin, cooked chicken, coconut milk and chicken stock. Season to taste. Cook for 15 to 20 minutes over medium heat.

Mix the rice flour with a little water to make a smooth paste the consistency of double cream and mix into the curry mixture. Bring back to the boil, stirring constantly. Serve immediately.



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