



**G-LOW FITNESS ACADEMY**

**THE NEXT GENERATION OF BOOT CAMP**

# **HALLOWEEN BOOT CAMP PUMPKIN RECIPES**



# Spinach and Pumpkin Salad

## Ingredients

- 1/2 cup pomegranate juice
- 1/4 cup red wine vinegar
- 1/4 cup toasted pumpkin-seed oil or extra-virgin olive oil
- 6 to 8 ounces pumpkin, such as Sugar Pie, or banana squash
- 6 quarts baby spinach leaves (1 lb.), rinsed and crisped
- Salt and pepper
- 1/2 cup salted, roasted shelled pumpkin seeds



## Preparation

1. In a large serving bowl, whisk together pomegranate juice, vinegar, and oil.
2. Peel pumpkin. With a vegetable peeler, cut raw pumpkin into paper-thin 1- by 3-inch strips; you'll need about 2 1/2 cups. Add pumpkin shavings to pomegranate vinaigrette and mix gently.
3. Add spinach and mix to coat; add salt and pepper to taste. Sprinkle with pumpkin seeds.

# Pumpkin Soup

## Ingredients

- 1 kg (2.2 lbs) of pumpkin, peeled, de-seeded and chopped
- 2 tbs sunflower oil
- 1 brown onion, peeled and quartered
- 1 tsp of crushed chilli
- ¼ tsp cayenne pepper
- 1 tsp nutmeg
- 5 cups vegetable stock
- 1¼ cups rice milk
- 1 tsp brown sugar (optional)



## Preparation

- Heat the oil in a large saucepan; add the onion, chilli and spices; cook for 1-2 minutes until onion is soft.
- Add the chopped pumpkin and toss to combine. Turn heat down to low and place a lid on the saucepan. Continue to cook the pumpkin, tossing the pot often to avoid sticking, for 10 minutes.
- Add the stock and bring to the boil. Simmer uncovered for another 10 minutes until pumpkin is cooked through.
- Remove from the heat and cool slightly.
- In a food processor, blend the pumpkin until smooth.
- Return to the saucepan and over a medium heat; slowly add the rice milk and sugar (if using); Season with salt and pepper.
- Continue to stir over a medium heat until warmed through.
- Serve as is with crusty bread or drizzled with natural yogurt or sour cream (optional).

# Thai Pumpkin & Chicken Curry

## Ingredients:

- 1 small pumpkin or butternut squash, about 1 1/2 lb., halved, seeded, peeled and cut into bite-size cubes
- 2 shallots, chopped
- 3 garlic cloves, coarsely chopped
- 1 Tbs. Thai red curry paste
- 1 can (13 1/2 fl. oz.) unsweetened coconut milk
- 2 Tbs. Asian fish sauce
- Juice of 1 lime
- 2 tsp. firmly packed light brown sugar
- 3 Tbs. corn or peanut oil
- 1 lb. boneless, skinless chicken thighs, cut into bite-size cubes
- 2 Tbs. slivered fresh basil, preferably Thai basil
- Steamed rice for serving



## Directions:

### Cook the pumpkin

Bring a large pot of water to a boil over high heat. Add the pumpkin and boil just until barely tender, about 7 minutes. Drain well and set aside.

### Prepare the curry base

In a blender, combine the shallots, garlic and curry paste with 2 Tbs. water and process until smooth. In a small bowl, combine the coconut milk, fish sauce, lime juice and brown sugar and stir to dissolve the sugar.

### Cook the curry

In a wok or large fry pan over medium heat, warm 2 Tbs. of the oil. Add the chicken and sear until light brown on all sides, 5 to 7 minutes. Using a slotted spoon, transfer the chicken to a bowl.

Return the pan to medium heat and add the remaining 1 Tbs. oil. Add the curry base and cook, stirring, for about 10 seconds until fragrant. Stir in the coconut milk mixture and bring to a boil. Add the chicken and pumpkin, reduce the heat to low, and simmer until the pumpkin is tender when pierced with a fork and the chicken is opaque throughout, about 5 minutes more.

Transfer the curry to a serving bowl, garnish with the basil and serve immediately with steamed rice. Serves 4.