

Curried pumpkin and rice cakes

Ingredients

2 cups rice, cooked

1 piece pumpkin (about 1/5) cleaned and diced (Keep the seeds)

1 can corn kernals, drained

1 tsp curry powder

2 tsp veg stock powder

2 spring onions, sliced (keep the root ends for planting)

A few sprigs coriander, chopped

¾ cup frozen peas

4 eggs, lightly beaten

Oil for cooking

Cook rice in rice cooker with 3 cups water.

Pre heat oven 220.

Dice pumpkin and steam in microwave for 4mins.

Be careful when removing from microwave, then transfer to baking tray. Roast till tender and edges are getting a little colour. Cooking time depends on size of chunks.

Set aside in a safe place.

Transfer rice to large bowl.

Chop herbs and spring onion, add to rice.

Add frozen peas to rice.

Beat eggs in a jug and whisk in salt, pepper, stock and curry. This helps disperse evenly through the sticky mixture.

Mash pumpkin roughly with a fork while on baking tray.

Fold all together.

Taste mixture. Adjust and flavours.

Roll into balls, just bigger than a golf ball. We need about 28 cakes.

Grill in a med hot oiled pan till golden.