



Chilli and ginger pumpkin with kale and quinoa

3 Food groups on a plate - a perfect dish to share or lunch sorted for the week!
Prep time: 17 min | Cooking time: 35 min | Serves: 4

Ingredients list

- ▶ 500g butternut pumpkin, deseeded and cut into slices
- ▶ 2 tbsp grapeseed oil
- ▶ 1 medium onion, peeled and sliced into 12 wedges
- ▶ 1 red capsicum, deseeded and thinly sliced
- ▶ 2 garlic cloves, peeled and very thinly sliced
- ▶ thumb-sized piece of ginger, peeled and very thinly sliced
- ▶ 2 tsp ground cumin
- ▶ 2 tsp ground coriander
- ▶ 100g uncooked quinoa
- ▶ 100g green beans, trimmed and halved
- ▶ 100g frozen sweetcorn
- ▶ 75g kale, thickly shredded
- ▶ 600 ml boiled water
- ▶ Dried chilli flakes, to taste

Method

- ▶ Heat oven to 180 C degrees
- ▶ Toss the pumpkin in 1 tbsp of the oil, add black pepper to taste, and bake for 15 min.
- ▶ Remove from the oven and turn each slice. Sprinkle with chilli flakes and put back in the oven for 20 min or until lightly browned.
- ▶ Heat the remaining oil in a large pan and add the onion and capsicum. Cook for 5 mins until softened and lightly browned.
- ▶ Add garlic and ginger, fry together for 1 ½ min. Add cumin and coriander and combine, cook for 30 sec.
- ▶ Add in the quinoa, beans and sweetcorn. Pour in 600ml boiled water and bring to the boil.
- ▶ Reduce heat and simmer for 12 min, stirring regularly.
- ▶ At 12 min, add kale and cook for a further 3 min, or until everything is cooked. Stir occasionally.
- ▶ Once quinoa mix is cooked, allow to cool slightly. Spoon onto the serving dish. Place the baked pumpkin on top and serve.



Pro tip: Take this dish up a notch and serve with a dollop of natural Greek yoghurt, add a toasted nut such as pine nuts or peanuts, or garnish with coriander, mint, pomegranate seeds or finely sliced spring onions.

Eat your five a day daily

Remember that different foods provide different nutrients. Make sure you eat the rainbow!

Tips for healthy eating

1. Eat plenty of vegetables, fruit and wholegrains
2. Include a variety of healthy protein-rich foods
3. Choose unflavoured milk, yoghurt and cheese
4. Include healthy fat and oils
5. Use herbs and spices to flavour foods instead of salt



Vegetables
and legumes or beans
+5 serves a day



Fruit
2 serves a day



Dairy
and alternatives
(mostly reduced fat)
2 to 4 serves a day



Grain (cereal) foods,
mostly wholegrain and
high-fibre varieties
4 - 6 serves a day



Lean meats
and poultry, fish, eggs, tofu, nuts,
seeds and legumes or beans
2 - 3 serves a day



Foods to avoid – watch out for processed food

A poor diet can lead to many chronic health conditions – it's the leading contributor to heart disease in Australia.

Some processed foods are created using industrial techniques and contain chemically modified substances and other additives. They often contain little to no nutritional value.

Always check the ingredients to make sure you know what's in your food, watch out for added sugar, salt, and saturated fat. Additionally, a high, daily alcohol intake can also contribute to chronic health conditions.

Chronic health conditions caused by poor diet includes:

- Overweight and obesity
- Heart disease
- High blood pressure
- Stroke
- Type 2 diabetes
- Some forms of cancer
- Tooth decay

Up to 35% of the average Australian diet is currently made up of highly processed foods such as:

- Baked goods, including cakes, biscuits and pastries
- Fruit drinks
- Energy bars
- Chocolate
- Chips
- Lollies
- Sugary drinks. Soft drinks, energy drinks, sports drinks
- Take away food. Pizza, burgers, etc.
- Sauces
- Instant soup
- Ready made meals
- Fruit yoghurt
- Margarine

Benefits of eating a healthy diet

Reap the benefits and nourish your body by eating well every day, it:

- provides the essential energy and nutrients you need to get through the day
- keeps your immune system strong
- reduces the risk of disease and chronic conditions, like type 2 diabetes, heart disease, stroke and some forms of cancer
- improves concentration
- keeps your teeth and gums healthy
- reduces stress and helps to maintain mental health and wellbeing
- maintains healthy body weight, reducing the risk of being overweight or obese
- protects against infection
- reduces the risk of premature death



Lvl 3, 170 Railway Parade,
West Leederville WA 6007

(08) 9483 8888  lgiswa.com.au

The information in this document is general in nature and is not intended to be relied upon as advice regarding any individual situation and should not be relied upon as such.

This information is based on sources we believe to be reliable but we make no representation or warranty as to its accuracy.

No part of this document may be reproduced or transmitted in any form by any means, electronic or mechanical, including photocopying and recording, or by an information storage or retrieval system, except as may be permitted, in writing, by LGIS.

LGIS is managed by JLT Public Sector, a division of JLT Risk Solutions Pty Ltd (ABN 69 009 098 864 AFS Licence No: 226827) ("JLT") and a business of Marsh McLennan.

© 2024 JLT Risk Solutions Pty Ltd. All rights reserved. LCPA 22/187.

The LGIS WorkCare Services team are specialist health and wellbeing professionals.

**Contact the team on 9483 8888
for more information on our health
and wellbeing services.**