



Ingredients

1/2 sweet potato
150 g pumpkin
1 red onion in rings
1/2 sweet paprika
1 clove of garlic
1 tomato
1 tsp curry powder
1 tsp organic vegetable stock
1/2 glass water
1 tsp Himalayan salt
black pepper
1/2 ball of buffalo mozzarella
handful of flat-leaf parsley

Garnish with

savoury nuts mix
2 tsp Green Mix

Pumpkin stir-fry

Preparation

1. Stir-fry the red onion rings and the garlic for about one minute. Then add the coarsely chopped sweet potato, pieces of pumpkin and sweet pepper. Stir-fry for about three minutes.
2. Dissolve the vegetable stock in half a glass of water and add this to the wok. Season with curry powder, Himalayan salt, and pepper. Cover and simmer for 4 to 6 minutes.
3. Just before serving, stir in the tomato pieces, mozzarella and flat-leaf parsley. Serve on a plate and add the Green Mix and the savoury nuts and seeds mix.

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