



Roasted Pumpkin Dumplings

Serves 2

Kamalaya's roasted pumpkin dumplings are not only delicious, but they are also a great source of fibre, vitamin A and other essential antioxidants. Our recipe is served with freshly prepared basil pesto which incorporates both traditional Thai basil and the lesser-known tree basil which is a popular local ingredient used in curries and stir-fries. This can be difficult to find outside Thailand, so you may choose to substitute by increasing the quantity of Thai basil instead. We have also created a step by step video for this recipe which you can view [here](#).

Pumpkin Dumplings

Pumpkin (thick slices)	200g
Garlic	6g
Rosemary	2g
Olive oil	10ml
Sunflower seeds	40g
Mung bean flour	20g
Salt	1g
Pepper	1g

Garnish

Rocket leaves	40g
Sunflower seeds	6g
Balsamic vinegar	20ml

Basil Pesto

Onion	40g
Garlic	10
Coconut milk	200g
Thai basil	30g
Tree basil	30g
Salt	2g
Pepper	2g

Note:

Double the amount of Thai basil if tree basil is unavailable

Cooking Instructions

Step One: Preparing the pumpkin dumplings

Bake the pumpkin

1. Place the sliced pumpkin on a baking tray
2. Add the garlic and rosemary
3. Pour the olive oil
4. Bake for 20 minutes at 185 degrees Celsius



Blend the roasted pumpkin and shape into dumplings

1. Add the roasted pumpkin to the blender and blend until the mixture acquires a smooth texture.
2. To create a non-stick surface, spread olive oil on a tray or on the plate/bowl in your steamer.
3. Form small quenelles (dumpling shapes) with two spoons.
4. Steam the pumpkin quenelles for 15 minutes. The steamed dumplings can be stored in the refrigerator for up to three days.

Step Two: Preparing the basil pesto

1. Blanch the Thai basil and tree basil for 10-15 seconds in boiling water, then immediately chill in iced water.
2. Add the blanched basil, garlic, olive oil and sunflower seeds to the blender and blend until the mixture acquires a smooth texture.

Step Three: Cooking the pumpkin dumplings

1. Add the coconut milk into the pan and then add garlic, onion and stir until soft.
2. Add the pumpkin dumplings and cook until the pumpkin dumplings absorb the sauce.
3. Add the basil pesto and season to taste with salt & pepper
4. Serve in a deep plate and garnish with fresh rocket leaves, balsamic vinegar, olive oil and sunflower seeds

Recipes for Healthy Living

"Let food be thy medicine and medicine be thy food." Hippocrates

Simply following a healthy diet on a regular basis can significantly improve our wellbeing. Kamalaya's inspired healthy cuisine combines the ancient healing traditions of China and India with current medical research to create delicious, nutritious cuisine that supports optimal health. See more healthy recipes here: www.kamalaya.com/recipes.htm

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