

Pumpkin, Ricotta and Quinoa Fritters

<p>Equipment:</p> <p>Chopping board Sharp large knife Microwave safe bowl Sieve Medium sized bowl Measuring cups and spoons Frypan Wooden spoon Egg lifter</p>	<p>Ingredients:</p> <p>600g peeled and chopped butternut pumpkin 200 g fresh ricotta, crumbled 1 and 1/3 cups of quinoa flakes 2/3 cup grated parmesan 1/2 cup finely chopped fresh chives 4 eggs, lightly whisked 2 lemons rind finely grated 5 tbsp. extra-virgin olive oil 1 and 1/2 cups of fresh basil leaves, finely chopped 2 garlic cloves, crushed 700 g tomato passata 1 tsp castor sugar Baby spinach leaves to serve Small basil leaves to serve Finely grated parmesan, extra to serve.</p>
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What to do:

1. Place pumpkin in a microwave safe bowl.
2. Microwave on high, covered, for 4-5 minutes or until tender. Transfer to a sieve. Set aside to drain for 5 minutes. Transfer pumpkin to a bowl and mash. Add ricotta, quinoa, parmesan, chives, egg and rind to the pumpkin. Season. Stir. Set aside.
3. Heat 2 tsp of the oil in a frying pan over medium high heat. Add basil and garlic. Cook, stirring for 30 secs. Stir in passata and sugar. Simmer for 5 minutes. Season. Set aside and keep warm.
4. Heat 2 tbs of the oil in a large non-stick frypan over medium heat. Spoon large spoonfuls of pumpkin mixture into a pan, spreading to 1cm thick. Cook for 2 minutes or until golden. Use an egg lifter to turn. Cook for a further 2 minutes or until cooked through. Transfer to a plate. Repeat with remaining oil and pumpkin. Aim to make one per person in the classroom. Serve with the tomato sauce and sprinkle with the spinach, basil leaves and extra parmesan.