

Braised Pumpkin & Spinach in miso

Ingredients

700g Pumpkin

2 tablespoons vegetable oil

5 silver beet leaves

4 spring onions

2 nori sheets

4 tablespoons sesame oil

2 tablespoons sesame seed

1 cup miso

2 tablespoons honey

1 cup mushroom stock

2 tablespoons soy sauce

2 tablespoons rice vinegar

2 shallots

Method

1. Toast your sesame seeds in a hot saucepan without oil set aside.

2. Cube your pumpkin.
3. Heat the vegetable oil in a saucepan when hot fry the pumpkin in batches for about 5 mins per batch, don't over crowd the saucepan or the pumpkin wont brown. Once you have cooked all the pumpkin set aside for later. Save the saucepan for heating the sauce later.
4. Wash the silver beet drying them in a lettuce spinner.
5. Prepare the silver beet by trimming the stalk from the leaves. Cut the stalks into small cubes and set aside in a small bowl.
6. Roll the leaves into a sausage shaped parcel and slice to make fine ribbons.
7. Rinse the spring onions, cut of the roots and slice diagonal, set aside.
8. Take the nori sheets and cut them into strips with scissors. Set aside.
9. To make the miso sauce, grind the toasted sesame seeds in a mortar and pestle.
10. Put the miso, honey, mushroom stock, soy sauce, rice vinegar and sesames seeds into a small bowl and mix well.

11. Wash and peel then chop the shallots add to the sauce.
12. Pour the sauce into the saucepan use the same one you cooked the pumpkin in, add the pumpkin and warm gently, add the silver beet stalks add more stock if needed
13. Simmer for a few minutes then add the silver beet leaves, simmer until the pumpkin is tender and the silver beet has wilted well.
14. Gently pile into serving bowls and garnish with the set aside spring onions and nori ribbons.