

# Lunchbox Laughter

## Haloooooooooooooweeeeeeen!



### Pumpkin Soup

#### Ingredients:

- 1 large pumpkin, cut in chunks
- 2 cloves garlic, chopped
- 1 medium red chili, chopped
- 1 can coconut milk or cream
- Handful coriander leaves
- Pepper, to taste

#### Equipment:

- Sauce pan
- Knife
- Blender
- Wooden spoon



#### Method:

1. Cut the pumpkin into quarters. Scoop out the seeds and remove the skin.
2. Chop the flesh into small chunks and cook in boiling water until soft.
3. Add the chili, garlic, half the coriander and pepper to a blender and whiz until well blended.
4. When the pumpkin is soft, drain but keep the cooking water. Put the pumpkin into the blender with the chili mix and blend.
5. Put the mixture back into a saucepan, add the coconut milk and simmer. If it is too thick, add some of the cooking water you saved.
6. Serve in large bowls and add the remaining chopped coriander for garnish

Serve with a crusty bread roll!

### Spicy Bat wings

#### Ingredients:

- 1kg chicken wings
- 1 tbsp ground pepper corns
- 1 garlic clove
- 3cm piece ginger
- Zest from  $\frac{1}{2}$  an orange
- 4 spring onions chopped
- 1 fresh red chili, finely chopped
- 2 tbsp liquid honey
- 2 tbsp soy sauce
- Olive oil

#### Equipment:

- Knife
- Blender
- Mixing Bowl
- Pan



#### Method:

1. In a blender blend together the peppercorns, garlic, ginger, orange zest, spring onions and chilli until you have a paste.
2. In a large bowl combine the honey, soy sauce and oil with the paste.
3. Add the chicken wings, turn to coat, then allow to marinate for at least 4 hours or preferably overnight.
4. Cook the chicken wings under a hot grill for 7-8 minutes each side or until thoroughly cooked and golden brown.
5. Serve with savoury rice or cous cous and a side salad.