

Pumpkin Peanut Sauce Recipe

Tender boiled pumpkin tossed in a fragrant, savoury peanut sauce, this simple yet flavourful dish combines the natural sweetness of pumpkin with the rich, nutty taste of crushed peanuts. Quick to make and perfect with steamed rice, it's a comforting vegan-friendly meal that's both hearty and delicious. 🍠🥜



Sample Recipe

Recipe serves		Prepared for	
4		4	

Ingredient	Amount		Scaled amount	
Pumpkin (cut into strips)	550	g	550	g
Peanuts (Crushed)	50	g	50	g
Oil (Tbsp)	4	----	4	----
Soy Sauce (Tbsp)	4	----	4	----
Water (Tbsp)	6	----	6	----
Salt (tsp)	1	----	1	----

Shopping List

Ingredients	Have it	Quantity
Pumpkin (cut into strips)	<input type="checkbox"/>	
Peanuts (Crushed)	<input type="checkbox"/>	
Oil (Tbsp)	<input type="checkbox"/>	
Soy Sauce (Tbsp)	<input type="checkbox"/>	
Water (Tbsp)	<input type="checkbox"/>	
Salt (tsp)	<input type="checkbox"/>	
	<input type="checkbox"/>	
	<input type="checkbox"/>	
	<input type="checkbox"/>	
	<input type="checkbox"/>	

Sample Instructions

1. **Prep Pumpkin :**

a. Cut pumpkin into thick strips

b. Boil in water with 1 tsp salt for 10 mins until tender but not mushy. Drain and set aside.
2. **Make Peanut Sauce :**

a. Heat 4 Tbsp oil in a pan over medium heat.

b. Add 50g crushed peanuts. Stir-fry for 1-2 mins until fragrant and lightly golden.

c. Pour in 4 Tbsp soy sauce, stirring to combine with the peanuts.
3. **Combine :**

a. Gently add the cooked pumpkin to the pan. Toss to coat evenly with the peanut sauce.

b. For a saucier dish, add Tbsp of water and simmer for 1-2 mins. Skip for a drier texture.
4. **Serve :**

a. Transfer to a serving dish. Enjoy hot with steamed rice.

All Recipes

