

Pumpkin & Pancetta Pasta

Comforting creamy pasta for all the family

Ingredients

serves 4

- 350g pasta (penne, fusilli, or Rigatoni)
- 150g pancetta cubes (or streaky bacon, chopped)
- 1 tbsp olive oil
- 200g pumpkin purée (Made with your Manor Fruit Farm's Pumpkin)
- 200g mascarpone cheese
- 60g parmesan cheese (grated)
- 2 garlic cloves (peeled and chopped small)
- 8 cherry tomatoes halved
- Black pepper
- A few parsley or basil leaves (optional)



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Pumpkin & Pancetta Pasta

Let's cook!

Step 1. Make the pumpkin purée

- Grown-up job: Heat the oven to 200°C. Carefully cut the pumpkin into wedges, remove the seeds, and chop into chunks.
- Child job: Place pumpkin chunks on a baking tray, drizzle with a little oil, and sprinkle with black pepper.
- Grown-up job: Roast for 25–30 minutes until soft.
- Child job: Mash or blend the cooked pumpkin until smooth. (This is your purée!)

Step 2. Cook the pasta

- Grown-up job: Fill a big pan with water, add a pinch of salt, and bring it to the boil.
- Child job: Carefully tip in the pasta.
- Cook for about 10 minutes until soft enough to eat.
- Grown-up job: Drain the pasta using a colander. Keep a cup of the pasta water.

Step 3. Cook the pancetta

- Grown-up job: Heat olive oil in a frying pan. Add pancetta and cook for 5–6 minutes until golden and crispy.
- Add garlic and cook for 1 more minute.

Step 4. Mix the creamy pumpkin sauce

- Child job: In a mixing bowl, stir together:
 - 200g pumpkin purée
 - 200g mascarpone
 - Half the parmesan
 - A twist of black pepper

Step 5. Put it all together

- Grown-up job: Turn the frying pan heat down low.
- Child job: Carefully spoon the pumpkin mixture into the pan with pancetta and stir until it becomes a creamy sauce.
- If it's too thick, add a splash of the saved pasta water.

Step 6. Combine with pasta

- Grown-up job: Tip the drained pasta into the pan.
- Child job: Add the Cherry Tomatoes and stir gently so every piece of pasta is covered in the pumpkin sauce.

Step 7. Serve and enjoy!

- Spoon pasta into bowls.
 - Child job: Sprinkle the rest of the parmesan and tear parsley or basil leaves on top.
- Eat warm, creamy, and delicious!

Pumpkin & Chickpea Curry

A creamy, golden curry that is warming, tasty and fun to make together.

Ingredients

serves 4–6

- 2 tbsp oil (vegetable or coconut)
- 1 onion (finely chopped)
- 3 garlic cloves (crushed)
- 1 thumb-sized piece of ginger (grated)
- 1 red chilli (optional – for gentle spice, deseeded)
- 2 tsp ground cumin
- 2 tsp ground coriander
- 1 tsp turmeric
- 1 tsp garam masala
- 400g pumpkin (peeled, seeds out, chopped into small chunks)
- 1 tin (400g) chickpeas (drained & rinsed)
- Handful of Spinach leaves
- 1 tin (400ml) coconut milk
- 1 tin (400g) chopped tomatoes
- 1 vegetable stock cube (dissolved in 200ml hot water)
- Salt & black pepper
- Fresh coriander leaves (for topping)
- 1 lime (cut into wedges)

Optional extras:

- Cooked & shredded chicken
- A spoon of yoghurt or cream
- Toasted cashews or almonds



Pumpkin & Chickpea Curry

Let's cook!

Step 1. Prepare the veg

- Grown-up job: Chop the onion, garlic, ginger, chilli, and pumpkin.
- Child job: Rinse the chickpeas in a sieve.

Step 2. Cook the onion base

- Grown-up job: Heat the oil in a big saucepan. Add onion and cook gently for 5 minutes until soft and golden.
- Child job: Pass the garlic and ginger to the pan, and stir them in. Add the chilli if using.

Step 3. Add the spices

- Child job: Mix in cumin, coriander, turmeric, and garam masala in a bowl. Pour Spice mix to the onions and stir for 30 seconds until it smells amazing.

Step 4. Add pumpkin and sauce

- Child job: Carefully tip in the pumpkin chunks and stir so they're coated with the spices. Add the shredded chicken if using and stir the chickpeas
- Grown-up job: Pour in chopped tomatoes, coconut milk, and stock. Add a little salt and pepper.

Step 5. Simmer

- Grown-up job: Bring everything to the boil, then turn the heat down and cover with a lid.
- Child job: Set a timer for 20–25 minutes. Check with a spoon – when the pumpkin is soft, it's ready.

Step 6. Add chickpeas & finish

- Child job: Stir in the Spinach into the curry. Taste with a clean spoon.
- Grown-up job: Adjust seasoning and squeeze in some lime juice if you like.

Step 7. Serve & enjoy!

- Child job: Sprinkle over coriander leaves, a swirl of yoghurt, or some nuts.
- Serve with rice or naan bread.

Eat together – creamy, warm, and delicious!



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Pumpkin Spice Dream Pie

A no-bake cheesecake-style pumpkin treat!

Ingredients

serves 4–6

- 250g oaty biscuits (or your favourite biscuits, Biscoff and hobnobs work great)
- 100g butter
- 300g pumpkin puree (you'll make this first!)
- 1 tsp ground cinnamon
- ½ tsp ground ginger
- ¼ tsp ground nutmeg
- 2 tbsp brown sugar or maple syrup (to sweeten the pumpkin)
- 250g mascarpone cheese
- 200g cream cheese
- 100ml double cream (cold)
- 1 tsp vanilla extract
- 80g icing sugar (sifted)



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Pumpkin Spice Dream Pie

Let's cook!

Step 1: Make the pumpkin puree

Grown-up job: Cut the pumpkin into chunks, scoop out seeds, and roast at 200°C for 25–30 minutes until soft.

Child's job: Once cooled, scoop the soft pumpkin flesh into a bowl and mash or blend until smooth.

Step 2: Crush the biscuits for the base

Child's job: Put the biscuits into a strong food bag, seal it, and bash with a rolling pin until they look like fine crumbs. (Shake the bag too—it's fun!)

Grown-up job: Melt the butter in a small pan or microwave.

Child's job: Pour the melted butter into the biscuit crumbs and stir together. Press this mixture into the bottom of a pie dish or spring form tin to make a flat, even base. Pop in the fridge while you make the filling.

Step 3: Flavour the pumpkin

Child's job: Mix the pumpkin puree with cinnamon, ginger, nutmeg, and brown sugar/maple syrup until it tastes yummy and spiced.

Step 4: Make the creamy cheesecake topping

Grown-up job: Using an electric whisk, whip the cold double cream until it makes soft peaks.

Child's job: In another big bowl, mix mascarpone, cream cheese, vanilla, and icing sugar until smooth. Then stir in the whipped cream gently.

Child's job: Add half of your spiced pumpkin puree into this cream cheese mix and swirl it through for extra flavour.

Step 5: Put it all together

Child's job: Take the base from the fridge. Spread the rest of the pumpkin puree over the biscuit base as a layer. Then spoon on the cheesecake mixture and smooth it out.

Grown-up job: Cover the pie and place in the fridge for at least 4 hours (or overnight) to set.

Step 6: Time to decorate and enjoy!

Child's job: Sprinkle extra cinnamon, add whipped cream swirls, or grate some chocolate on top before serving.



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Pumpkin Power Balls

Health treats for all the family!

Ingredients

- 150g rolled oats
- 150g soft dates (pitted)
- 100g pumpkin puree (from your roasted pumpkins!)
- 2 tbsp honey or maple syrup
- 2 tbsp sunflower seed butter (or other nut-free spread)
- 1 tsp ground cinnamon
- ½ tsp ground ginger
- ½ tsp vanilla extract
- A handful of raisins or mini chocolate chips (optional)

Makes about 12 balls



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Pumpkin Power Balls

Let's cook!

Step 1: Make the pumpkin puree

Grown-up job: Cut pumpkin into chunks, roast at 200°C for 25–30 minutes until soft, and let it cool.

Child's job: Scoop out the soft flesh and mash or blend until smooth.

Step 2: Blend the base

Child's job: Put the oats and dates into a food processor. Press the button to whizz until they're crumbly.

Step 3: Mix the flavours

Child's job: Add pumpkin puree, honey/maple syrup, sunflower seed butter, cinnamon, ginger, and vanilla into the processor. Whizz again until it all sticks together. (If it's too wet, add a few more oats. If too dry, add a tiny splash of water or more pumpkin.)

Step 4: Roll into balls

Child's job: Use your hands to roll the mixture into little balls – about the size of a walnut. Place them on a plate.

Step 5: Chill and enjoy

Grown-up job: Pop the plate in the fridge for 30 minutes to firm up.

Child's job: Taste test one straight away (chef's treat!) and save the rest for snack time.

Fun extras:

- Roll the balls in crushed biscuits, cocoa powder, or coconut before chilling.



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Pumpkin & Cinnamon Muffins

Soft, spiced muffins – perfect for autumn baking!

Ingredients

- 250g plain flour
- 2 tsp baking powder
- ½ tsp bicarbonate of soda
- 2 tsp ground cinnamon
- ½ tsp ground ginger (optional, for extra spice)
- 150g soft brown sugar
- 2 large eggs
- 200g pumpkin purée (from roasted pumpkin)
- 125ml vegetable oil (or melted butter)
- 1 tsp vanilla extract

Makes about 12 muffins



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Pumpkin & Cinnamon Muffins

Let's cook!

Step 1: Make the pumpkin purée

Grown-up job: Cut pumpkin into chunks, roast at 200°C for 25–30 minutes until soft, and let it cool.

Child's job: Scoop out the soft flesh and mash or blend until smooth.

Step 2: Get the oven and cases ready

Grown-up job: Preheat the oven to 180°C (fan 160°C). Line a muffin tray with 12 paper cases.

Step 3: Mix the dry ingredients

Child's job: In a big bowl, add flour, baking powder, bicarbonate of soda, cinnamon, ginger, and sugar. Stir it all together with a wooden spoon.

Step 4: Mix the wet ingredients

Child's job: In another bowl, whisk together the eggs, pumpkin purée, oil, and vanilla until smooth.

Step 5: Combine!

Child's job: Pour the wet mixture into the dry mixture. Stir gently until just combined – don't overmix, a few lumps are okay!

Step 6: Fill the cases

Child's job: Spoon the mixture evenly into the muffin cases (about $\frac{3}{4}$ full).

Step 7: Bake

Grown-up job: Place the tray in the oven and bake for 18–22 minutes until golden and springy. Check with a skewer – if it comes out clean, they're ready!


Step 8: Cool and enjoy

Child's job: Transfer muffins to a cooling rack, then enjoy warm or cold.

Fun extras:

- Sprinkle a little cinnamon sugar on top before baking for a crunchy topping.
- Add a handful of raisins or chocolate chips into the mix.
- Drizzle with a simple icing once cooled for a treat.



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