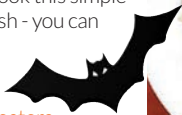


Your Halloween Night in...

If you're staying in on Halloween evening, why not try this recipe.....

Get your kids to help you cook this simple pumpkin, bacon and rice dish - you can make in the microwave too

Ready in 35-45 minutes
Serves 4 hungry trick or treaters



Hubble bubble pumpkin pot

Ingredients

2 leeks, thickly sliced and washed to remove any grit

8 rashers smoked bacon, chopped

350g/12oz pumpkin flesh, cut into chunks (or use butternut squash)

50g butter

1 chicken stock cube

250g long grain rice



Method

- 1 Hubble.** Toss the leeks, bacon and pumpkin together in a large microwaveable bowl. Dot the butter on top and cover the bowl with cling film or a plate. Pierce the cling film a couple of times if using and microwave on High for 5 minutes until everything's hot and starting to cook.
- 2 Bubble.** While the veg is cooking, bring a kettleful of water to the boil and make 700ml/1 1/4 pints stock using the cube. Carefully remove the bowl from the microwave and uncover, watching out for the hot steam. Tip in the rice and season with salt and pepper, then pour in the stock and stir to mix.
- 3 Worth the trouble.** Cover the bowl with a fresh piece of cling film or the same plate and microwave on High for 10 minutes. Uncover and give it a stir, then microwave for 5-10 minutes until the rice is cooked. Leave to stand for 5 minutes before giving everything a final stir. Serve scooped straight from the bowl.