

BALSAMIC PUMPKIN WITH PINE NUT

Prep + cook time: 55 minutes Serves: 8

Ingredients

PUMPKIN

2kg (4 pounds) jap pumpkin, unpeeled
1 tablespoon extra virgin olive oil
1 tablespoon pine nuts, toasted
2 teaspoons fresh thyme leaves
¼ cup loosely packed fresh flat-leaf parsley leaves

BALSAMIC DRESSING

2 tablespoons extra virgin olive oil
1 tablespoon balsamic vinegar
1 clove garlic, crushed

1. Preheat oven to 200°C/400°F. Line two large oven trays with baking paper.
2. Make balsamic dressing.
3. Cut unpeeled pumpkin into 2cm (¾-inch) wedges; brush both sides with oil; season. Place pumpkin in a single layer on trays. Roast, uncovered, for 40 minutes or until pumpkin is tender.
4. Transfer pumpkin to a platter; drizzle with dressing and top with pine nuts and herbs. Serve warm or at room temperature.

Balsamic dressing

Stir ingredients in a small bowl until combined.

Tips

As well as looking fantastic, helping to keep the pumpkin slices from falling apart and being easy on the cook, the skin on a jap pumpkin is actually edible too.

