

Honey Roasted Pumpkin

Serves: 4-6

From the Garden: pumpkin, garlic, parsley

Ingredients:

1 kg pumpkin, peeled
1 tbsp e.v. olive oil
2 tbsp honey
1 tbsp wholegrain mustard
2 garlic cloves, crushed
flat leaf parsley

Equipment:

Basic toolbox, chopping board, baking sheet, large mixing bowl

Method:

1. Preheat oven to 200 C.
2. Wash and dry pumpkin. Cut into thin wedges.
3. Line a baking sheet with baking paper. Arrange the pumpkin onto the baking sheet in a single layer.
4. In a medium mixing bowl combine olive oil, honey, mustard and crushed garlic. Mix well.
5. Brush this mixture onto the pumpkin slices. Season with sea salt and freshly ground black pepper.
6. Place tray in oven and roast for 20 mins.
7. *** Remove tray from oven*** Turn pumpkin pieces over and pour over remaining honey/mustard mixture. ***Place back in oven*** and roast for a further 10-15 mins or until pumpkin is tender and golden brown.
8. Serve topped with a garnish of flat leaf parsley.

Enjoy!

Tasks within two * __* means please get an adult to help.

Recipe reference: by Kim Coverdale, 'Super Food Ideas' July 2009.