

Pumpkin Dip

Serves: 6-8

From the Garden: pumpkin, parsley

Ingredients:

600g pumpkin
2 tbsp e.v. olive oil
2 tsp cumin
1 tsp smoked paprika
125g sour cream

Equipment:

Basic toolbox, Chopping board, Baking sheet, Food Processor

Method:

1. Preheat oven to 200 C.
2. Wash and dry pumpkin. Cut into wedges. Place in a large metal bowl and drizzle with a little olive oil. Toss to coat.
3. Line baking sheet with baking paper. Place pumpkin on tray and place in oven. Roast pumpkin until tender and it has nice brown bits on it. We call that caramelisation.
*** Remove tray from oven***
4. Measure out all other ingredients. Place them all into a food processor with the pumpkin. Blend until smooth. Scrape out dip and place into serving bowls.
5. Wash and dry parsley thoroughly.
6. Finely shred, (chiffonnade), parsley and scatter some onto the bowls of dips
7. Serve dip with wedges of warmed pita bread, toasted Turkish bread or vegetable batons.

Enjoy!

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

Recipe reference: created by Jacky Cronin, Wodonga West Primary School