

DIRECTIONS:

1. Preheat oven to 200C/390F.
2. Peel and dice the pumpkin into 1"/2.5cm cubes (no need to peel if using butternut pumpkin). Reserve the pumpkin seeds and give them a quick rinse under the tap.
3. Place the pumpkin, pumpkin seeds, onion and walnuts onto a large baking tray. Drizzle with olive oil and maple syrup, then use an egg flip to toss the pumpkin so it is evenly coated.
4. Sprinkle the pumpkin with the dried chilli flakes, salt and pepper.
5. Roast for 25 minutes, or until the pumpkin is browned and cooked through. Toss once at around 15 minutes.
6. Remove from the oven, crumble over feta and garnish with fresh chili and parsley, if using. Serve immediately.

INGREDIENTS:

- 2 lb/1 kg pumpkin
- 2 red onions, peeled and each onion cut into 12 wedges
- 1/4 cup walnuts, roughly chopped
- 3 tbsp maple syrup, or honey or brown sugar
- 3 tbsp olive oil
- 1 tbsp dried chili flakes
- 1/2 tsp salt
- Black pepper

GARNISHES:

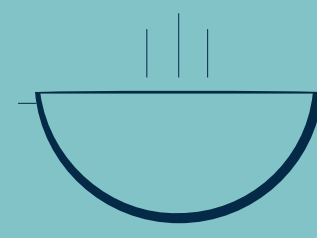
- 1/4 cup feta cheese
- Fresh red chili finely diced
- Parsley

MAPLE ROASTED PUMPKIN WITH CHILI AND FETA

Courtesy of Recipetineats



PREPERATION
10 mins



COOKING
25 mins



SERVES
6 persons

