

Baked pumpkin – Chunks or butternut halves

This very easy method was given to us by Lesley from Brisbane.

Use chunks of pumpkin – Jap, Kent or butternut. Or use halves of butternut as described under Lesley's notes.

Slightly oil a baking dish. Place the pumpkin on top. Drizzle some olive oil over and toss to coat. Drizzle a dash more oil over the top and some maple syrup (golden syrup or honey). Add chopped walnuts or pecans and scatter over then season with salt and pepper and maybe some black or white sesame seeds.

Bake at 180 - 200 C° for 35 to 45 minutes or until tender when poked with a sharp knife.



Lesley's baked pumpkin

From Lesley – Brisbane. Lesley's notes are as follows for halved butternut:

If you love eating pumpkin but don't like all the chopping and peeling this baked pumpkin recipe is a winner.

Just wash the skin but leave it on and cut in half length ways. Scoop out the seeds.

Drizzle maple syrup and your favourite olive oil over the top. Chop walnuts or pecans and scatter over then season with salt and pepper.

Bake at 200 degrees for around 50 min or until tender when poked with a skewer. DONT FORGET TO EAT THE SKIN. It's good for you.