

Jap pumpkin with parmesan & seed crumble



Jap pumpkin with parmesan & seed crumble

Preparation 20 mins | Cooking 45 mins | Serves 6 as a side dish

- 1 kg piece Jap pumpkin
- Oil cooking spray
- 1 cup fresh wholegrain or sourdough breadcrumbs
- ½ cup rolled oats
- ½ cup grated parmesan
- 2 tbs pumpkin seeds
- 2 tbs rice bran oil

STEP 1 Preheat oven to 180°C/160°C fan-forced. Cut pumpkin in half remove seeds then cut into 2cm thick wedges (leave skin on). Arrange pumpkin in a single layer on a large baking tray lined with baking paper. Spray pumpkin with oil on both sides. Roast for 15 minutes.

STEP 2 Meanwhile, combine breadcrumbs, oats, parmesan, pumpkin seeds and oil in a bowl. Season with salt and pepper. Mix until well combined.

STEP 3 Carefully remove pumpkin from oven and liberally sprinkle with breadcrumb mixture. Roast for a further 25-30 minutes until crumble mixture is golden and pumpkin is just tender and serve.

Good for you... *JAP PUMPKIN*

Provides beta carotene, converted to vitamin A in the body and needed for normal vision. The deeper the colour, the higher the content of beta carotene. A source of vitamin C, which contributes to the normal functioning of the body's immune system. Provides folate, a B vitamin that is necessary for formation of normal blood cells.

