



Mediterranean baked pumpkin

Sunny flavors in autumn garb: tender oven-baked pumpkin combines with a hint of fruity orange to create an aromatic feel-good dish – simple, light and full of flavor.

Zutaten

2 Portionen

0.5 Hokkaido pumpkin
3 Shallots
2 EL Mediterranean fried olive
1 EL Byodo orange mustard
0.5 TL Cayenne pepper
1 TL Paprika powder, smoked
Byodo organic sea salt
Pepper
Sugar
1 TL Byodo black cumin seed oil, virgin
1 Branch Rosemary

Zubereitung

Preheat the oven to 180 °C hot air. Wash the Hokkaido pumpkin thoroughly, cut in half and remove the seeds with your hands or a spoon. You can leave the skin on – it will soften nicely during baking and is edible. Cut the pumpkin into wedges or chunks and place in a large oven dish together with finely chopped shallots. If you like, add carrots or parsnips to the vegetables for extra sweetness and variety.

Drizzle everything generously with roast olive. Then add orange mustard, a little cayenne pepper, smoked paprika powder, salt, pepper and a pinch of sugar (optionally a little honey). A few drops of black cumin oil give the dish a warm, oriental depth. Finally, add a sprig of fresh rosemary.

Now mix everything thoroughly in the tin until the vegetables are evenly glossy and well coated with the spices. Roast the pumpkin in the preheated oven for 25-35 minutes. Check from time to time with a spoon to see if the flesh is soft – the perfect baked pumpkin is slightly caramelized on the outside and tender on the inside.

The oven-roasted Hokkaido can be taken straight from the oven dish to the table.