

Pumpkin hummus with toasted pumpkin seeds

Ingredients

500 grams of pumpkin (deseeded and peeled)

2 teaspoons of cumin seeds

1 x tin of chickpeas (drained and washed)

1/2 teaspoon of salt

1/2 teaspoon of pepper

1/4 cup of olive oil

2 cloves of garlic

Juice of a lemon

1 handful parsley

1/2 teaspoon of smoked paprika

For the toasted pumpkin seeds

1/2 cup of pumpkin seeds

1/2 teaspoon of paprika

1/2 teaspoon of salt

1 teaspoon of olive oil

Method

Oven 190C

- Chop the pumpkin into 2cm chunks. (Approximately)
- Chop the garlic. Remove the parsley leaves from their stem. Carefully measure out all ingredients.
- Place the chopped pumpkin on a baking tray with a tablespoon of olive oil rubbed in. Bake until soft, approximately 25 minutes.

- Roast the cumin seeds in a small frying pan over a low heat until they are aromatic. Then grind in a mortar and pestle.
- Add the chickpeas, cumin, salt and pepper to a food processor. Process for 30 seconds. Add the olive oil, garlic and lemon juice. Add the roasted pumpkin and blend until smooth. You may need to add a little more olive oil or water.
- Roasted pumpkin seeds
- Turn the oven down to 160C
- Combine the pumpkin seeds, smoked paprika, salt and olive oil. Mix until seeds are well coated.
- Spread over a baking tray, bake for 15 minutes
- Remove and allow to cool.
- Spoon the dip onto a serving plate. Garnish with parsley leaves, drizzle a little olive oil and sprinkle over the pumpkin seeds.