

Name of Recipe: Chargrilled Pumpkin slices –tahini /seed
sauce

Volunteer Notes: Please check w Des re
allergies>tahini(sesame) seeds.

What to collect	What to do
1 kg +Pumpkin-Queensland Blue, Jap etc. Trays Brushes XV olive oil	Wash your pumpkin skin and pat dry. Place pumpkin flat on board & cut into 1/2 moons...1/4 cm thick. 1 Large piece per person. Brush with a small bit of olive oil-lay onto a tray ready to chargrill.
2 x chargrill pans Salt & pepper Platters Spatula/tongs	<ul style="list-style-type: none">• Heat chargrill pan.• Now lay the pumpkin slices across the chargrill lines. Line them up close and cook in batches until light brown. Season each side.• Turn over gently and cook the other side.• Place gently onto the platters.
1/4 cup-Sunflower seed 1/4 cup-Pumpkin seed Small pan	Toast seeds in a dry pan- set aside when golden brown.
10 x stalk Parsley- picked/washed/spin dry & finely chop 12 x stalks coriander, washed/spin dry	Prepare the herbs.
4 x tblsp Tahini 1 x tblsp Soy sauce Hot water to thin sauce Calendula flowers, borage	<ul style="list-style-type: none">• Mix tahini, soy & hot water and drizzle over the pumpkin. Scatter herbs.• Scatter toasted seeds on top and edible flowers.