



PUMPKIN HUMMUS

Pumpkin Hummus

*1/2 butternut pumpkin, peeled and cut into chunks
1 tablespoon olive oil
2-4 tablespoons lemon juice
1 garlic clove minced
1/4 cup tahini
1/4 teaspoon chilli powder
1/2 teaspoon salt, or more to taste
fresh parsley, coriander
black or white sesame or dukkah*

Heat oven 220C and drizzle pumpkin with olive oil and salt, bake for 30 minutes until soft and slightly caramelised. Transfer pumpkin into a food processor. Add tahini, garlic chilli powder, salt and lemon to taste. I like to add a little cold water at the end of the whiz process to bring the hummus together to make it nice and creamy.

Garnish with sesame seeds / dukkah and fresh herbs and seasonal fruit and vegetables.

