



Roasted Pumpkin with Bean Hummus

⌚ 45—50 Min   

Preparation

- 1 Preheat the oven to 200 °C. Line a baking tray with parchment paper. Cut the pumpkin in half and scoop out the seeds. Slice each half into wedges and place them in a bowl. Add the oil and Sweet Potato Seasoning and mix well. Spread the wedges on the tray and roast for 25 minutes. Remove and set aside.
- 2 In a food processor or blender, combine all the hummus ingredients except the water and blend for 1 minute. Pour in the water and continue blending until smooth and creamy. Chill in the refrigerator until ready to serve.
- 3 Spread the hummus on a serving platter, arrange the roasted pumpkin on top, and sprinkle with pumpkin seeds.

Ingredients 6 Portions

♦ = Kotányi Produkte

- | | |
|--------|--------------------------------|
| 1 | Hokkaido pumpkin (about 600 g) |
| 1 tbsp | ♦ Sweet Potato |
| 1 tbsp | Oil |

For the bean hummus:

- | | |
|---------|----------------------------|
| 240 g | Cooked beans |
| 1 tbsp | Tahini |
| 30 ml | Olive oil |
| | Juice of ½ lemon |
| 1 | Garlic clove |
| 0.5 tsp | ♦ Himalayan Salt |
| 0.5 tsp | ♦ Paprika, Smoked |
| 80 ml | Ice-cold water |
| | Pumpkin seeds, for serving |

