

Roasted Pumpkin with Bean Hummus

45–50 Min

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

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.