



Roasted pumpkin

Recipe by V-ZUG Ltd.



Preparation
Cooking
time
Portions 4

pumpkin salad with pear and feta

Pumpkin

- 1 kg pumpkin (e.g. orange knirps or butternut)
- 2 pears, peeled
- 1 red onion, peeled
- 1 tsp ras-el-hanout
- 2 tbsp olive oil
- 1 tsp salt
- Some pepper
- 80 g walnut kernels, coarsely chopped
- 40 g pumpkin seeds

Vinaigrette

- 4 tbsp rapeseed oil
- 2 tbsp pumpkin seed oil
- 4 tbsp apple cider vinegar
- ½ tsp runny honey
- 1 clove of garlic, crushed
- 1 pinch of cinnamon
- Some salt
- Some pepper





Serving

100 g feta, crumbled

Some red chicory leaves, coarsely shredded

Additional information

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