



Roasted pumpkin

מתכון מאת V-ZUG Ltd.



Preparation	20 Mins
Cooking	20 Mins
time	
מנות	4
התקן	Combairsteamer V2000 from 2021

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

Pumpkin

Preheat the cooking space to 230 °C using the hot air with steaming mode.

Prepare the pumpkin, pears and onion and cut into 2 cm thick wedges. Add the ras-el-hanout and olive oil and season with salt and pepper to taste.

Spread everything out on a lined baking tray and roast in the middle shelf position for 15 minutes.

Turn the pumpkin over. Scatter over the walnuts and pumpkin seeds.

Roast for a further 5 minutes.

Vinaigrette

Whisk all the ingredients together and season with salt and pepper to taste.

Serving

Mix the roasted pumpkin and vinaigrette in a bowl. Allow to cool.

Arrange on plates with the red chicory and crumble over the feta.

Cooking steps

(Pre-)heat cooking space to 230 °C with Hot air + steaming

Preheating finished. Put the food in.

Hot air + steaming 230 °C for 15 Mins

Add ingredients. Continue baking.

Hot air + steaming 230 °C for 5 Mins

עצות

The skin of the orange knirps and butternut can also be eaten.

אביזרים

Baking tray





מידע נוסף

הופק ביום

26.01.2022

