

Roasted Pumpkin Wedges, Spiced Coconut Butter

By Chef Vanessa Marx

INGREDIENTS

For the pumpkin wedges:

- A quarter of a delica or iron bark pumpkin
- 15ml coconut sugar, or maple syrup
- Olive oil
- 2ml Ground nutmeg
- 2ml ground cinnamon
- Salt & pepper
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For the spiced coconut butter:

- 100ml coconut oil
- 5ml ground turmeric
- 2ml mustard seeds
- 2ml cumin seeds
- 2ml black pepper
- 2ml ground ginger
- A few fresh curry leaves if you can find them, about 1 stalk

METHOD

1. Preheat the oven to 180°C, line a roasting tray with parchment paper
2. Cut the pumpkin into wedges, and place them on the lined roasting tray.
3. Drizzle the pumpkin liberally with olive oil, then sprinkle over the coconut sugar or maple, the spices and season with salt and pepper.
4. Roast the pumpkin for around 20-13 minutes, until caramelised and soft.
5. Whilst the pumpkin is roasting, put the coconut oil and spices into a small sauce pan on a medium heat.
6. Gently heat the coconut oil and infuse the spices, for around 5 minutes. Be careful not to over do it, the spices will burn and go bitter.
7. Once the pumpkin is roasted, present them on a platter or plate and drizzle the spiced coconut butter over the pumpkin. Serve whilst warm.

CHEF'S TIP:

Any leftovers (*or you can double the recipe up for a batch cook!*) can be blitzed together with some water to make a delicious nourishing soup!

Riverhouse

RESTAURANT