Oven pumpkin

Recipe by V-ZUG LTD



roasted pumpkin with feta

Preparation	20 Mins
Cooking time	20 Mins
Portions	4
Appliance	CombairSteamer V2000 from 2021

Pumpkin

1 kg pumpkin (e.g. orange knirps or butternut)

1 red onion

3 tbsp olive oil

1 tsp salt

Some pepper

¼ tsp garlic powder

¼ tsp mild paprika powder

¼ tsp ground coriander

¼ tsp cumin powder

150 g feta, crumbled

50 g pecan nuts, coarsely chopped

Serving

4 sprigs of oregano, chopped

Pumpkin

Preheat the cooking space to 230 °C using the grill-forced convection mode.

Cut the pumpkin into about 5 mm thick wedges and the onion into thin wedges, then place in a mixing bowl. Add the olive oil, salt and spices up to and including the cumin, then carefully mix everything together. Spread out on a baking tray lined with baking paper and bake in the middle shelf position for 10 minutes.

Carefully turn the pumpkin over, scatter the rest of the ingredients over the top and bake for a further 10 minutes.

Serving

Serve on a platter, sprinkle with oregano.

Cooking steps

(Pre-)heat cooking space to 230 °C with Grill-forced convection

Preheating finished. Put the food in.

Grill-forced convection 230 °C for 10 Mins

Turn the food. Continue baking.

Grill-forced convection 230 °C for 10 Mins

Tips

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

Accessories

Baking tray

Additional information

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