



# Roasted pumpkin

Recipe by V-ZUG Ltd.



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

pumpkin salad with pear and feta

## Pumpkin

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- 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

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- 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

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100 g feta, crumbled

Some red chicory leaves, coarsely shredded

## Pumpkin

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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

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

## Serving

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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

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**(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**

## Tips

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

## Accessories

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Baking tray

