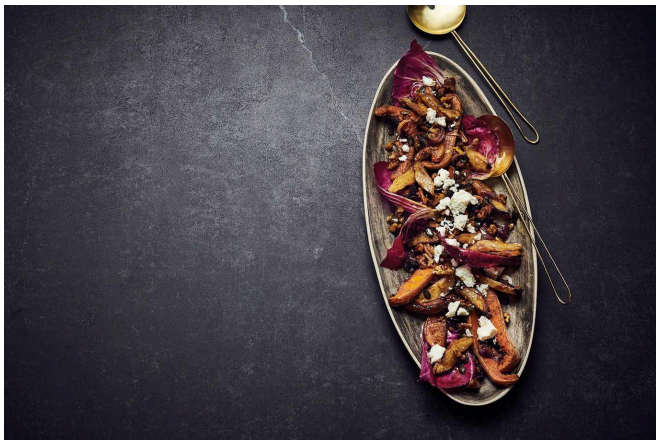
Roasted pumpkin

Recipe by V-ZUG Ltd.



pumpkin salad with pear and 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)

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

Tips

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

Accessories

Baking tray

Additional information

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