# Roasted pumpkin

Recipe by V-ZUG Ltd.

pumpkin salad with pear and feta

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| 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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| Created on | 27.02.2023 |