


Roasted Pumpkin Hummus

Serves: 8

Prep time: 20 minutes

Cook time: 25 minutes

 ½ serve per portion

Ingredients

1 ½ cups pumpkin, peeled and cubed
400g can chickpeas, rinsed and drained
1 teaspoon cumin powder
1 lemon, juiced
1 tablespoon tahini
3 tablespoons olive oil
2 cloves garlic
½ teaspoon vegetable stock powder
Pepper, to taste
Pepitas, to serve (*optional*)
Vegetable sticks, to serve

Method

PREHEAT oven to 180°C.

PLACE pumpkin on a baking tray and toss in 1 tablespoon of olive oil. Bake in the oven for 25 minutes. Set aside to cool.

ADD roasted pumpkin, chickpeas, cumin, lemon juice, tahini, remaining olive oil, garlic, stock powder and pepper to food processor and blend until smooth.

TRANSFER to a bowl and sprinkle with pepitas (*optional*).

SERVE with a variety of vegetable sticks.

Serving suggestion: Try serving with a sprinkle of the Country Kitchens lemon myrtle and macadamia dukkah recipe!



Everyday Food

Recipe courtesy of the Country Kitchens team