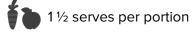
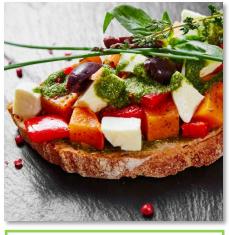
Smashed Pumpkin Bruschetta

Serves: 4 Prep time: 5 minutes Cook time: 0 minutes



Ingredients

2 cups roasted pumpkin 1 tablespoon pesto (store bought or homemade) 4 slices sourdough toast 260g jar chargrilled capsicum, drained 50g reduced fat feta 8 kalamata olives, halved 1 tablespoon roasted pumpkin seeds Pepper, to taste 1 teaspoon balsamic vinegar



Everyday food

Method

HEAT pumpkin in the microwave for one minute. SPREAD pesto on each slice of toast. MASH pumpkin onto toast. ADD capsicum, feta, olives, pumpkin seeds and pepper. DRIZZLE with balsamic vinegar and serve.

Recipe courtesy of Maddy Noon, Country Kitchens team

