

Roast Pumpkin & Seed Dip

Bialik College Kitchen Garden Program



Ingredients:

- 500g pumpkin, peeled & cut into 2cm cubes
- 2 tablespoons olive oil
- ½ cup mixed seeds (pumpkin, sunflower)
- ¾ cup Greek yoghurt
- salt/pepper

Equipment:

- chopping board
- knife
- baking tray
- food processor
- spatula
- baking paper

Method:

1. Preheat oven to 180C.
2. Place pumpkin in a bowl and drizzle with olive oil and season with salt/pepper. Mix to combine.
3. Place on a baking tray lined with baking paper. Roast for 25 minutes or until pumpkin is soft. Set aside to cool.
4. Process seeds in the food processor, then add pumpkin, yoghurt.
5. Taste for seasoning and adjust if necessary.
6. Serve with cut up vegies and or pita crisps.