

Pumpkin Paste

- 1 large butternut pumpkin, cut into chunks
- 3 tbs oil
- 1 tsp ground cinnamon
- 70g tahini paste
- 120g greek yoghurt
- 2 garlic cloves, crushed.
- 1½ tsp golden syrup
- 2 tbs chopped coriander (optional)
- Salt to taste
- ¼ cup pumpkin seeds

- * Pre-heat oven to 200°C
- * Spread chopped pumpkin on oven trays, pour over oil and sprinkle with cinnamon and ½ tsp salt. Rub onto pumpkin so all coated evenly.
- * Place in oven + bake until soft.
- * When cooked, transfer to food processor and add tahini, yoghurt + garlic + pulse until coarsely combined. (not a smooth mixture) You could also use a potato masher rather than a food processor.
- * Spread onto 2 serving plates + sprinkle with golden syrup, pumpkin seeds and coriander.
- * Serve with flatbread.