

Maple Roasted Pumpkin with Chili and Feta + rainbow chard

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4.93 from 81 votes

Recipe video above. A seriously delicious, low-effort way to serve roast pumpkin: with a dash of maple syrup for extra caramelisation, a kick of chilli, warm crunch of walnuts and salty pops of creamy feta.

Serves 3 as a main or 6 as a side. I made this with pumpkin but it is just as delicious made with squash or sweet potato!

Prep Time
10 mins

Cook Time
30 mins

Total Time
35 mins

Course: Roasted, Vegetables Servings: 3 - 6 Calories: 165cal Author: Nagi | RecipeTin Eats

Ingredients

- 2 lb / 1 kg pumpkin, peeled, cut into 2.5cm / 1" cubes (whole, unpeeled weight - Note 1)
- 1 red onion, peeled, halved, then cut into 1cm / 0.4" wedges
- 1/4 cup ~~walnuts~~ pumpkin seeds, roughly chopped (Note 2)
- 3 tbsp olive oil
- 3 tbsp maple syrup or honey (sub brown sugar Note 3),
- 3/4 tsp cooking salt / kosher salt
- 1 - 1 1/2 tsp dried chili flakes, adjust to taste (Note 4)

cut by hand! snip with scissors

Garnishes (Optional)

- 3/4 cup Danish feta (or Greek feta, or upgrade to goats cheese)
- 1 large red chilli (cayenne pepper), deseeded, finely minced
- 1 tbsp parsley finely chopped

} do all of this!

Instructions

1. **Preheat** oven to 200°C/400°F (180°C fan-forced).
2. **Toss** - Place the pumpkin, onion and ~~walnuts~~ seeds on a large, paper lined tray. Drizzle with olive oil and maple syrup, then toss to coat (hands really is best). Sprinkle with chilli and salt, toss again, then spread out on a tray. Don't crowd them else they will stew instead of roast!
3. **Roast** for 30 minutes, or until the pumpkin is lightly browned and cooked through, tossing once at the 20 minute mark.
4. **Finishes** - Remove from the oven. Gently toss again, then transfer to a serving platter in a single layer. Crumble over feta, sprinkle with parsley and chilli. Or do the sprinkling on the tray then pile into a bowl. Serve immediately!

Notes

1. **Pumpkin** - Any type for eating is suitable (not Halloween carving). Or butternut or sweet potato!

use both if available! Just half the amount of ea.

2. **Nuts** - Feel free to use other nuts. Large ones similar size to walnuts will take the same time. If using pine nuts, sunflower seeds or pepitas (or other small nuts), add them halfway through the roasting time.

3. **Brown sugar sub** - Mix with olive oil then toss to coat.

4. **Chilli flakes** - 1 1/2 tsp has a decent warm, unmissable hum but not super spicy. 1 tsp is more subtle. Feel free to skip it!