Roasted Pumpkin Hummus

INGREDIENTS

• 250 g Kent pumpkin
• 1/4 tsp ground cinnamon
• 1/4 tsp ground cumin
• 1/4 tsp ground smoked paprika
• 1 pinch salt
• 1/2 tbsp extra virgin olive oil
• 1 can chickpeas (240g after draining)
• 60 g hulled tahini
• 1 small orange
• 45 g (3Tbsp) extra virgin olive oil
• 2 pinch salt

5 sage leaves, finely chopped

METHOD

Preheat the oven to 180°C fan.

Remove the skin from the pumpkin and cut the pumpkin into big chunks.

Add the pumpkin chunks into a bowl together with the ground cinnamon, cumin, paprika, a pinch of salt and 1/2 tbsp extra virgin olive oil. Mix everything until the pumpkin chunks are evenly coated.

Transfer the pumpkin onto a baking tray lined with baking paper. Roast the pumpkin for 25 minutes at 180°C fan. After baking, the pumpkin should be soft in the centre when poked with a knife.

Once roasted and cooled a little, transfer the pumpkin into a food processor

Drain and rinse the chickpeas and add them to the pumpkin together with the tahini, the zest and juice of 1 orange and 45g (3Tbsp) extra virgin olive oil. Add the sage.

Blend everything until smooth. Add more water and/or oil if needed. Taste the dip and season with salt, about 2 small pinches.
Once the dip is smooth and seasoned, transfer it onto a beautiful plate to serve.