



Recipe Tin Maple Roasted Pumpkin with Chili & Feta

PREP TIME: 10 MIN COOKING TIME: 30 MIN SERVES: 3-6 AS A SIDE

Indulge in a symphony of flavours with this mouthwatering roasted pumpkin medley—tossed in a blend of olive oil, maple syrup, and spices, then crowned with crumbled feta, parsley, and an extra kick of chilli for a vibrant and satisfying dish that's as easy to make as it is to devour!

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
- 1/2 cup walnuts , 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 chilli flakes, adjust to taste (Note 4)

Garnishes

- 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

Directions

1. Preheat oven to 200°C (180°C fan-forced).
2. Place the pumpkin, onion and walnuts 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. 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!