



Roasted pumpkin with Curd sauce (LS)

Serving: 1

Veg

Ingredients

- 150g Pumpkin
- 1 teaspoon Extra Virgin Olive Oil
- 2-3 Garlic (Finely MInced)
- to taste salt and pepper
- 100 ml Curd
- 1 Teaspoon Lemon Juice
- 1 Tablespoon Walnuts Chopped
- 1 Tablespoon Coriander Leaves/Cilantro leaves Chopped
- to taste some paprika

Preparation Method

- **ROASTED PUMPKIN:** Preheat oven to 220°C/430°F (200°C fan). Line a tray with baking/parchment paper.
- Peel, deseed and cut pumpkin into 3cm / 1.2
- Place pumpkin in a bowl, add garlic, salt, pepper and olive oil. Toss well using a rubber spatula.
- Spread on tray. Roast 20 minutes. Turn pumpkin pieces, then roast a further 7 to 10 minutes until nicely coloured but holding it's shape, rather than being a mushy mess.
- **LEMON YOGURT SAUCE:** Mix yoghurt, garlic, lemon juice, drizzled olive oil, walnuts and some salt pepper to taste then set aside for at least 10 minutes to let the flavors develop.
- Pile the pumpkin in a mound on a plate. Drizzle over yogurt sauce, add a little drizzle of olive oil, then sprinkle with sumac, pine nuts and coriander.