



Miele

Roast Pumpkin and Cumin Dip

By Miele

5 minutes

Prep time

15-20 minutes

Cooking time

4 Servings

Serves

INGREDIENTS

500g butternut pumpkin, diced
2 teaspoon olive oil
2 teaspoon cumin, ground
1 garlic clove, whole
2 tablespoon yoghurt
2 tablespoon chopped coriander
Salt and pepper

METHOD

Toss diced pumpkin with olive oil and cumin to coat. Place on a baking paper lined tray with garlic. Place in oven on Fan Plus at 180°C for 15-20 minutes or until tender. Alternatively, steam diced pumpkin and garlic at 100°C for 15-20 minutes until softened.

Peel roasted garlic before placing in the bowl of a food processor or blender with the pumpkin and yoghurt. Process until smooth and season with salt and pepper.

Stir through the chopped coriander and serve.

Note

Serve alongside celery and carrot sticks, as well as your favourite wafer cracker.

This dip will keep in an airtight container in the refrigerator for up to a week.

An easy dip for a Sunday recovery lunch platter; serve with some crusty bread, cheese and sliced multi-coloured tomatoes to tick all the recovery boxes.

A great way to get active kids eating some extra vegetables; serve with some crackers and vegetable sticks for a tasty after school snack.