

Ghee Roasted Pumpkin Wedges

Perfect served as a side dish to *Italian Style Rissoles with Smokey Red Lentil & Tomato Sauce* this roast pumpkin is taken to another level when coated in ghee and generously seasoned before baking. As mentioned below you want to choose a deep orange dry textured pumpkin when roasting in this way for maximum flavour. Butternut would also be a nice alternative.

Ghee is essentially butter that has had all the water and milk solids removed through gentle heating leaving you with just the pure butterfat. Unlike butter, ghee can be heated to a very high temperature, making it a richer, tastier alternative to other oils.

Serves 4

Ingredients

- 800 grams dry textured and sweet pumpkin such as Ironbark, seeds and skin removed, cut into 6 – 8 wedges roughly 3 cms thick
- 2 – 3 teaspoons ghee
- Flakey sea salt
- Cracked black pepper

Method

1. Preheat oven to 180C
2. Melt the ghee in a small pan and use some of it to grease a large oven tray, then brush the rest generously over the wedges of pumpkin, coating them evenly.
3. Salt and pepper both sides of each wedge and bake for 40 minutes or until the pumpkin is cooked and golden brown, turning the wedges after 20 minutes.
4. Serve.