

PUMPKIN & RICOTTA

Time: 20 minutes

Serves: 4

Ingredients:

60g butter
20g raw pumpkin seeds
3g fresh sage - chopped
2g kosher salt
1 pinch fresh ground black pepper
500g fresh pumpkin - seeded and peeled
200g ricotta

Preparation:

Slice the pumpkin into ribbons using a vegetable peeler. Set aside.

Place the butter in a medium saucepan over medium-low heat.

When the butter begins to bubble slightly, stir in the pumpkin seeds, sage, salt and pepper. Cook, stirring occasionally until the butter is slightly browned and smells nutty.

Remove from heat, add the pumpkin and toss to coat evenly. Let stand covered for three minutes.

Spread the ricotta on each plate, topping with the pumpkin and butter mixture. Serve immediately.

Nutritional Information Per Serving:

Calories: 254
Fat: 21g
Carbs: 11g
Fibre: 1g
Protein: 8g