



**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.