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pumpkin in orange

PREPARATION - SERVES 4

ingredients

300G butternut pumpkin peeled & thickly sliced
2 tablespoons honey
Juice of 1 orange
½ teaspoon ginger

method

Place pumpkin in an oven proof dish
Combine honey ginger and orange juice and pour over pumpkin microwave on high for 8 minutes or bake in oven at 180 degrees for 35 minutes or until tender
This recipe can be used with sweet potatoes and sliced carrots

