






4 Great Ways to Use Pumpkin Guts!


Did you know that over half of the UK's 24m Halloween pumpkins will not be eaten?

Battle the trend and fight food waste by trying out these four ideas for using your pumpkin guts

 Make pumpkin puree, it is great on its own or you can add it to a variety of foods to give them a sweet autumn twist. Children will love the natural sweet flavour. Try it on hummus, add it to a curry or mix it in with mac and cheese!!

 Rinse the pumpkin seeds and spread them out on a baking sheet. Feel free to season them up with some salt, olive oil and your favourite spices. Roast the pumpkin seeds in the oven until they are lightly golden. Make sure you let them cool down before you start munching.

 Try exchanging the banana for pumpkin in your favourite banana bread recipe for a tasty autumn treat.

 Pumpkin soup is always an easy way to use large amounts of pumpkin flesh. Soften some sliced onions in a little bit of olive oil, add the pumpkin flesh and cook for a few minutes until it starts to change to a golden colour. Then cover with stock, bring it to the boil and let it simmer until the flesh is super soft. Add a dash of double cream, salt, pepper and then puree with a hand blender. Don't worry if you make too much, it freezes down beautifully!



Pumpkin Mac & Cheese Recipe

Ingredients:

- 200g plain flour
- 400g macaroni
- 50g butter
- 50g plain flour
- 500ml milk
- 150g grated cheese
- 2 ¼ cups pumpkin (500 g), or squash, chopped

Method:

1. Preheat oven to 190°C.
2. Using a large, sturdy knife, chop up the pumpkin into chunks and scoop out the seeds and stringy bits (discard)
3. Transfer the pumpkin into a baking dish and brush with oil.
4. Roast in the oven for approximately 1 hour to 1 hour and a half, until soft and fork-tender. Cooking time will very much depend on the size of the pumpkin so if it is very large and requires longer cooking, cover it with tin foil to prevent it burning on the outside.
5. Remove from oven and allow to cool.
6. Weigh the amount you need for this recipe and mash it using a fork or potato masher until smooth with no lumps.



Serves
4

Mac & Cheese

1. Cook the macaroni pasta: bring a saucepan of water to the boil. Add the pasta and cook following manufacturer's instructions. Drain in a colander, rinse with a bit of cold water (to prevent it sticking together) and keep aside until needed.
2. Melt butter in medium to large a saucepan, stir in the flour over a low heat without allowing to colour. Gradually whisk in the milk. Bring to the boil, then reduce the heat and cook until thick & smooth
3. Add 2/3 of the cheese and stir until melted.
4. Add the pumpkin puree and mix until well combined.
5. Taste and season with salt and pepper if required. A pinch grated nutmeg (if available) would be lovely too.
6. Add the cooked pasta and mix well.
7. Transfer to a greased baking dish and sprinkle over the remaining cheese.
8. Cook in the oven until the cheese has melted and the top is golden brown.

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