

GLUTEN FREE VEGETARIAN STUFFING FILLED ROAST PUMPKIN

Gluten free, nut free, lower FODMAP, vegan option perfect for lunch or dinner.

NORMAL	30	90	6

Ingredients

For the pumpkin

- 1 medium butternut or Kent pumpkin (about 2kg)
- 10-20ml (2-4 teaspoons) neutral oil
- Salt, to season

For the low FODMAP stuffing

- 75g butter (salted, unsalted or a good quality dairy free butter)
- 10g (1 small bunch) sage leaves, woodier stalks removed and finely chopped
- 5g (1/2 small bunch) rosemary, weighed after woody stalks removed and then finely chopped
- 5g (1/2 small bunch) thyme, weighed after woody stalks removed and then finely chopped
- 50g fresh shiitake mushrooms, finely chopped
- Green part of 1 large leek, thoroughly washed and finely chopped
- 125ml (1/2 cup) vegan low FODMAP beef stock
- Greens of 1 large bunch of spring onions (approximately 150g greens)
- Seasoning, to taste
- 250g day old gluten free bread, torn into small chunks

For the pumpkin glaze

Instructions

1. Preheat the oven to 180°C.
2. Carefully slice your pumpkin in half lengthways. Thoroughly grease and season the pumpkin pieces and place them on a baking tray, flesh side up.
3. Bake the pumpkin for 60 minutes. The flesh should be soft, and the skin should be golden.
4. Set aside to cool a little while you make the stuffing.
5. To make the stuffing, have all your ingredients washed, chopped and organised before you start. The recipe moves quickly once it gets going. Whisk up the pumpkin glaze while you're at it.
6. Heat a large skillet over a medium heat. Add the butter and allow it to melt, then add the herbs, shiitake and leek greens. Cook for 3-5 minutes or until softened and super fragrant, adding splashes of stock whenever necessary.
7. Add the spring onion greens and cook for another minute or so.
8. Add the small chunks of bread and stir thoroughly to combine everything. Taste and season thoroughly and according to your preferences.
9. Allow the stuffing to cook through until it has dried out, then remove from the heat.
10. Use a spoon to dig out about 3/4-1 cup of pumpkin flesh to allow the pumpkin to be stuffed.
11. Season the pumpkin again, then brush with the pumpkin glaze. I like to use the whole batch of glaze; you might prefer a bit less.
12. Add the stuffing to the space you have created in the pumpkin. Divide it equally between each piece and press down thoroughly to get all the stuffing in there.
    Return the pumpkin to the oven for 20 minutes or until the stuffing is golden brown on top. Top with the pomegranate arils and serve.

- 10-20ml (2-4 teaspoons) maple syrup
- 1 tablespoon Dijon mustard
- Lemon zest and juice, to your tastes
- Chilli flakes, to your taste (optional)
- Fresh black pepper, to your tastes

To finish

- Pomegranate arils, to garnish (optional but delicious)