

Less than 1 hour (excluding soaking time)

Serves 4-6

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Ingredients:

- 2 (about 1-1.2kg) Hokkaido pumpkins, halved and deseeded (blue-skin pumpkin wedges or halved butternut work well too)
- 2 Tbsp (30ml) olive oil + extra for drizzling
- Salt and milled pepper
- 1 packet (200g) brown portobello or wild mushrooms
- 1 large onion, chopped
- 2 cloves garlic, grated
- 4 cups (1L) stock of choice
- 1 cup (180g) spelt (barley works well too)
- 2 sprigs each fresh rosemary and thyme
- $\frac{3}{4}$ cup (180ml) grated parmesan + shavings for serving (optional)
- $\frac{1}{2}$ packet (50g) pumpkin seeds (any roasted seeds or nut work well too)

DID YOU KNOW?

Spelt is similar to barley but with a slightly harder exterior. It's a great alternative to starchy sides like rice – it's rich in fibre and packed with essential nutrients like zinc and iron.

Method:

1. Preheat oven to 200°C.
2. Place pumpkin halves (or wedges) on a roasting tray, drizzle with oil and season.
3. Roast for 20-25 minutes (or 35-40 minutes for butternut).
4. Heat oil in a pan and fry mushrooms until golden. Remove and set aside.
5. Sauté onion for about 8 minutes or until golden, then add garlic and fry for a minute.
6. Add stock, spelt and herbs. Season

7. Simmer for 35-40 minutes, stirring at regular intervals.
8. Return mushrooms to pan and stir through grated parmesan.
9. Fill pumpkins with spelt mixture, top with parmesan shavings (if using) and sprinkle with pumpkin seeds or nuts.