

## Roasted Pumpkin Hummus

1 small pumpkin (about 500g)  
Olive oil, for roasting  
2 garlic cloves, peeled  
½ lemon, juiced  
2 tablespoons tahini paste  
400g can chickpeas, drained  
1 red pepper, deseeded, and sliced  
1 yellow pepper, deseeded, and sliced  
Mini breadsticks and pitta chips, to serve

Cut the top off the pumpkin, about two-thirds of the way up. Remove the pumpkin seeds, then scoop the flesh out of the bottom and the lid. Heat oven to 200C and cut the pumpkin flesh into pieces and put in a roasting tin with the garlic and a good glug of oil. Season, then bake for 45 minutes until very tender. Leave to cool.

Tip the pumpkin into a food processor with any juices from the roasting tin and the garlic. Add the lemon juice, tahini paste and chickpeas. Season with salt and blend to a paste – add a little more oil if it's too thick. Scoop the hummus back into the pumpkin and serve with the peppers, breadsticks and pitta chips.

