

PUMPKIN SAUCE

Seasonal sauce for pumpkin lovers: easy to make and even easier to preserve and use in many combinations.

Ingredients

- 300g pumpkin or butternut squash
- 2 garlic cloves
- 1tsp dried Chili/ spice on your choice
- 1 cup vegetable milk
- 1tbsp tomato paste (optional)
- 3 tbsp walnuts
- 2tbsp vegetable oil
- ½ tsp black pepper
- 1/2 tsp salt



Method

1. Boil the pumpkin in hot water for about 20 minutes or until soft. If it is organic and the peel is thin, you leave the peel on. Extract the core part with seeds when it's soft.
2. Chop the garlic finely
3. Blend the pumpkin in a mixer with garlic, oil and plant based milk to make it smoother and fluid.
4. Add salt and black pepper, plus some tomato paste (optional) if you like to enrich the flavour, it depends on the variety of pumpkin you are cooking.
5. Roughly chop the walnut and add it to your sauce.
6. Enjoy straight away as a condiment for pasta, rice, bread, lentils or preserve it in the freezer for 3 months.

Wen.