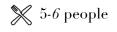
French Ex Cuisine

MADE SIMPLE

French Roasted Lumpkin Bake



河 10 mins prep time

(1) 45 mins total time



INGREDIENTS

- I small (I kg) pumpkin or red kuri squash
- 1 large red onion sliced
- handful of whole pecans or walnuts
- 2 tbsp of liquid honey
- 2-3 carrots thinly sliced longways
- 1 clove diced fresh garlic
- 5 tbsp cooking oil

- 1-2 tbsp thyme
- 4 pinches of nutmeg
- salt and pepper
- optional: sprinkle of cayenne powder
- 5 heaping tablespoons of gorgonzola or blue cheese



DIRECTIONS

- 1. Preheat the oven to $400 \text{ }^{\circ}\text{F} (200 \text{ }^{\circ}\text{C}).$
- Cut the squash in half and remove the seeds. After, cut it in 1/8th pieces and place it in a large baking dish.
- 3. Add all the remaining ingredients except the cheese.
- 4. If the honey is too thick to drizzle, add a few drops of water and heat it on low for 30 seconds in a pan. Drizzle the honey on top of the rest of the ingredients.
- 5. Mix all the ingredients together.
- 6. Cook for 25-30 minutes until it's completely cooked. You may want to mix the pumpkin bake around 15 minutes.
- 7. Take the bake out and add the cheese, sprinkling it on top.
- 8. Bake for a remaining 5 minutes until the cheese is melted.
- Serve as is, or on top of rice or quinoa. Accompany with a side salad and a glass of red wine.
- 10. This bake refrigerates well for 5 days or it can be stored in the freezer for up to 3 months.

Bon Appetil! I milie Anne

