




# French Cuisine

MADE SIMPLE

## *French Roasted Pumpkin Bake*

 5-6 people

 10 mins prep time

 45 mins total time

 Easy

### INGREDIENTS

- 1 small (1 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 °F (200 °C).
2. Cut the squash in half and remove the seeds. After, cut it in 1/8<sup>th</sup> 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.
9. 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 Appetit!*  
*Emilie Anne* 

