

Roasted Pumpkin Hummus

A creamy, seasonal hummus combining sweet roasted pumpkin, mellow garlic, nutty tahini and fresh lemon. Finished with toasted pumpkin seeds, olive oil and smoked paprika, it's perfect for sharing.

Preparation: 10 minutes

Cooking: 35–45 minutes

Serves 4-6

Ingredients:

- 1 small pumpkin (approximately 500g)
- 3 garlic cloves, peeled
- 1 × 400g tin chickpeas, drained and rinsed
- 2 tbsp tahini
- 1 lemon, zest and juice
- Olive oil
- Salt, to taste
- Smoked paprika to garnish

Method:

Roast the pumpkin:

Preheat the oven to 180°C (160°C fan). Halve the pumpkin, remove the seeds and pulp (keep for the next step), then cut into quarters. Place skin-side down on a lined baking tray with the garlic. Drizzle with olive oil, season with salt and roast for 35–45 minutes, until tender. Leave to cool.

Toast the seeds:

Separate the seeds from the pulp, rinse and dry thoroughly. Roast at 180°C (160°C fan) for approximately 15 minutes until golden and crisp.

Blend:

Remove the pumpkin skin and transfer the flesh to a blender with the roasted garlic, chickpeas, tahini, lemon zest and juice, and any roasting juices. Blend until smooth, adding a little cold water or olive oil if needed. Adjust the seasoning to taste.

Storage:

Keep refrigerated in an airtight container and consume within 3 days.

To Serve:

Transfer to a serving bowl and finish with a drizzle of olive oil, the toasted pumpkin seeds and a sprinkle of smoked paprika. Why not enjoy with warm pitta, crackers, crunchy vegetables or alongside Burrata?

We would love to hear how you enjoyed the recipe – please do let us know: info@whitehart-fyfield.com