

Middle Eastern Mince Stuffed Pumpkin



Prep Time 20 mins **Cook Time** 1 hr 15 mins **Serves** 4

A hearty autumn centrepiece featuring a whole roasted pumpkin stuffed with a middle eastern inspired mix of rice, fruits and mince. You can use lamb, beef or venison, or a vegetarian alternative, depending on your preference.

	Ingredients	Method
1	1 medium pumpkin or round squash (about 1kg) 4 tbsp olive oil Salt and pepper	Preheat the oven to 200°C (180°C fan). Cut the lid from the pumpkin and scoop out the seeds and stringy flesh. Rub the pumpkin inside and out with 2 tablespoons of olive oil and season well. Place on a baking tray and roast for 45 minutes, with the lid alongside, until tender.
2	100g wild rice 250g mince of your choosing	Cook the wild rice according to the packet instructions. Meanwhile, cook the minced meat in a frying pan until browned and cooked through. Set aside.
3	1 large fennel bulb 1 Bramley apple 1 lemon, zested and juiced	Thinly slice the fennel and apple and toss with half of the lemon juice to prevent discolouration.
4	Remaining 2 tbsp olive oil 1 tbsp fennel seeds ½ tsp chilli flakes 2 garlic cloves, crushed 30g pecans, toasted and roughly chopped 1 large bunch parsley, roughly chopped	Heat the remaining oil in a frying pan. Add the fennel seeds and chilli flakes. Once the seeds begin to pop, add half of the garlic and the sliced fennel. Cook for 5 minutes until softened. Stir in the apple, pecans and lemon zest. Remove from the heat.
5		Combine the rice, minced meat, fennel mixture and chopped parsley. Season well and mix thoroughly. Spoon the filling into the roasted pumpkin and return to the oven for 10-15 minutes until heated through.

	Ingredients	Method
6	3 tbsp tahini Remaining garlic Remaining lemon juice Water as needed	Whisk together the tahini, remaining garlic and lemon juice. Add a little water until you have a smooth dressing
7	Pomegranate seeds, to serve	Scatter over the pomegranate seeds and drizzle with the tahini dressing before serving.

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