



# Pumpkin Hummus with Toasted Pumpkin Seeds

**Season:** Autumn

**Serves:** 30 tastes in the  
classroom or 6 at home

Hummus means ‘chickpea’ in Arabic. Many countries make their own versions of hummus. The one thing that they all have in common is that they’re all made from chickpeas.

**Note:** This recipe uses raw pumpkin seeds. If possible, leave the pumpkin seeds to dry out overnight. This will give more crunch to your cooked seeds.

## EQUIPMENT:

metric measuring scales, cups and spoons  
tea towel  
chopping board  
cook’s knife  
colander  
citrus juicer  
2 baking trays  
baking paper  
medium bowl  
potato masher/fork  
small frying pan  
wooden spoon  
mortar and pestle  
food processor  
spatula  
clean/dry tea towel  
small bowl  
serving dish

## INGREDIENTS:

### For the pumpkin hummus:

500 g pumpkin, skin removed and chopped  
into chunks  
2 tsp cumin seeds  
120 g dried chickpeas, soaked overnight, cooked  
and liquid reserved (or 2 tins of chickpeas,  
washed and drained)  
½ tsp salt  
½ tsp black pepper  
¼ cup olive oil, plus extra for drizzling  
2 cloves of garlic, peeled and finely chopped  
juice of a lemon  
1 handful of parsley as a garnish  
½ tsp smoked paprika (optional)

### For the toasted pumpkin seeds:

½ cup pumpkin seeds, from raw pumpkin  
½ teaspoon smoked paprika, plus a little extra  
for garnishing  
½ teaspoon salt  
1 tsp olive oil

## WHAT TO DO:

1. Preheat the oven to 190°C.
2. Prepare all the ingredients based on the instructions in the ingredients list.

### To make the pumpkin hummus:

1. Roast chunks of pumpkin with a little olive oil until soft, about 25 minutes. Remove from the baking tray and mash in the medium bowl.
2. Roast the cumin seeds in the small frying pan over a low heat, until aromatic.
3. Grind the toasted seeds in the mortar and pestle.
4. Add the chickpeas, cumin, salt and pepper to the food processor. Process for 30 seconds, then add the olive oil, garlic and lemon.



*Pumpkin Hummus with Toasted Pumpkin Seeds* continued

5. Add the mashed pumpkin, a little cooking water or olive oil if needed and blend again to make a soft puree.
6. Taste to check for seasoning.

**To make the roasted pumpkin seeds:**

1. Turn the oven down to 160°C.
2. Remove any flesh and fibre from the pumpkin seeds, wash and dry thoroughly using a clean tea towel.
3. Combine the seeds with the smoked paprika, salt and olive oil in the small bowl. Mix until the seeds are well-coated.
4. Spread the seeds over the prepared baking tray, making sure they're not touching each other.
5. Bake for 10 minutes, remove and give the seeds a little turn using a spatula. Return to the oven for another 5 minutes, until lightly browned, and taste for a good crunch. If not crunchy, return to the oven for a further 5 minutes.
6. Remove from the oven and allow the seeds to cool.

**To assemble the dish:**

1. Spoon the pumpkin hummus onto serving plates.
2. Garnish with some torn parsley and smoked paprika, and drizzle over with a little extra olive oil.
3. Sprinkle with the roasted pumpkin seeds before serving.

