



PUMPKIN DIP with BASIL OIL

INGREDIENTS

500gms Butter Nut Pumpkin
3 - 4 Tbsp Thickened Cream
25 gms Fried Shallots
1 Lemon (juiced)
Handful of Mint Leaves
3 - 4 Tbsp SATHYA Basil Infused Olive Oil
1 Dash SATHYA Chilli Infused Olive Oil
Salt to taste



METHOD

Cut pumpkin in small cubes and place on the oven tray. Rub a tablespoon of oil and sprinkle some salt through the pumpkin pieces. Place the oven tray into a preheated oven at 180 degrees celcius for about 20 minutes until the pumpkin is light brown.

Take the roasted pumpkin in a bowl and smash it with a fork into a mash and allow it to cool. Put the thickened cream fried shallots, finely chopped mint leaves, lemon juice and remainder of the Basil oil into the pumpkin mash and mix. Add salt to taste if required.

Pumpkin dip is ready and can be used with crackers or as a mash with BBQ steak or grilled chicken.

For more delicious recipes visit our website www.sathyaoliveco.com