

Pumpkin & ROSEMARY BITES

Makes approx. 500 g

Ingredients

2 tsp olive oil

½ small brown onion, finely
diced (50 g)

1 clove garlic, finely chopped

½ tsp finely chopped fresh
rosemary leaves

500 g cooked pumpkin flesh
(e.g. boiled or microwaved)

8 g (8 x Scoop A) **Shape It**

Salt and Pepper

Method

- 1 Prepare a container around 13 cm square by spraying it lightly with cooking spray, or lining it with cling film or baking paper; if using a food mould spray it lightly with cooking spray.
- 2 Heat the olive oil in a small saucepan over moderate heat.
- 3 Add the onion, garlic and rosemary and cook, stirring, until soft and golden. Remove from the heat.
- 4 Place the onion, garlic and rosemary mixture into the bowl of a food processor, add the cooked pumpkin and puree until smooth, scraping down the sides as required.
- 5 Transfer to a medium saucepan, season to taste, add **Shape It** and bring to the boil over medium heat. Simmer gently for 2 minutes.
- 6 Pour into the prepared container, press cling film lightly over the surface of the puree to cover (or the lid if using a mould that has one) and refrigerate until set.
- 7 To serve, turn out onto a cutting board, portion as desired and arrange on a plate or platter.

