

# SPICY ROASTED PUMPKIN

SERVINGS: 6 SERVINGS

TOTAL TIME: 45 MINUTES



## INGREDIENTS

- 1 Medium sized pumpkin or squash
- Sea salt, to taste
- Freshly ground black pepper, to taste
- 1/2 teaspoon ground mace
- 1/2 teaspoon paprika
- 1 pinch dried chili flakes
- 1 sprig fresh thyme
- 1 tablespoon extra-virgin olive oil
  
- If you aren't a fan of spicy flavors, then you can remove the paprika and chili flake from the recipe, but the mace, thyme, salt, and pepper is a must!

# DIRECTIONS

1. Preheat oven to 425 F
2. Carefully wash pumpkin/squash and dry thoroughly
3. Using a long, sharp knife, carefully cut the pumpkin/squash into wedges or slices
4. Lay the wedges on to a large roomy baking tray. The slices must be one layer and not overlapping. Use an extra tray if needed.
5. Generously season with sea salt and black pepper, to taste
6. Sprinkle the mace, paprika, chili flake, and thyme evenly over the wedges
7. Pour over the oil, then roll the slices or wedges in the oil to make sure they are well covered
8. Place the tray(s) into the preheated oven
9. Roast for 30 to 40 minutes, longer if the pumpkin/squash needs it. The skin should be slightly blistered and the flesh soft when pierced with a knife/fork
10. Remove the tray(s) from the oven and allow to cool before serving. The pumpkin/squash can now be served as is, used in other recipes, or pureed!