



Roasted Pumpkin Seeds

METHOD:

1. Scrape the seeds from your pumpkin into a bowl with a wide, flat spoon
2. Pull away the string of flesh
3. Place the seeds in a colander and rinse under running water, removing any more pumpkin flesh
4. Spread the seeds evenly over a large baking tray
5. Gather the ingredients you like, sea salt is essential, and for this batch I also used freshly ground fennel seeds and chilli flakes. Feel free to experiment with other spices
6. Put a few good lugs of olive oil over the seeds
7. Sprinkle your ingredients over the top
8. Mix together so your seeds are well coated
9. Bake at 180°C for around 10 minutes, or until seeds are lightly golden brown

