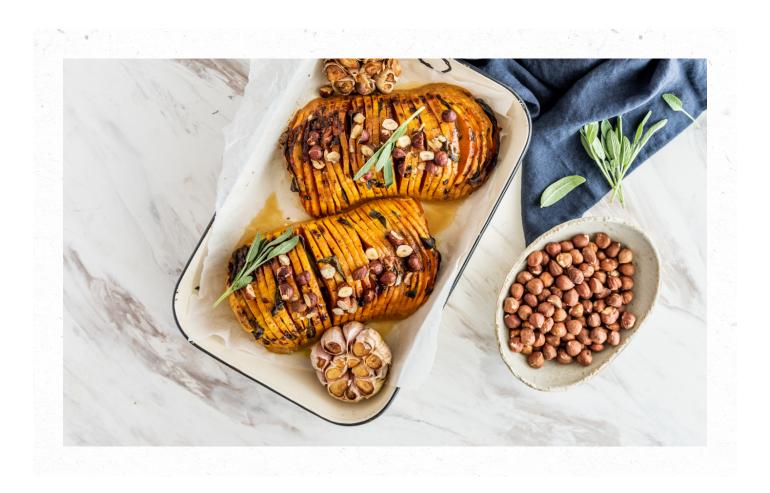# Honey and Hazelnut Hasselback Pumpkin

EASY • 60 MINS

Warm, toasty and golden honey-glazed, say hello to your new favourite honey roasted pumpkin! Comfort at its finest, this stunning side dish is easier than it looks, and you'll be rewarded with oohs and aaahs when you bring it to the table.

SKILL LEVEL	PREP TIME	COOKING TIME	SERVINGS
Easy	10 mins	50 mins	2-4

Ingredients

- 1 medium butternut pumpkin

- 10-12 fresh sage leaves
- 25g unsalted butter, melted
- 2 tbsp Capilano Honey
- 1 tbsp Dijon mustard
- 1 tsp chopped fresh thyme
- Sea salt flakes and cracked pepper
- 65g hazelnuts, roughly chopped
- 1 whole garlic bulb, halved

Used in this recipe

Method

1. Preheat oven to 180°C (fan forced). Line a baking tray with baking paper.

2. Slice pumpkin in half lengthways, remove seeds with a spoon and peel skin with a potato peeler. Place pumpkin halves cut side down on a chopping board and slice across the pumpkin, taking care not to cut all the way to the board. Repeat down the length of the pumpkin approx. 3-5mm apart. TIP: Use a chopstick placed either side of the pumpkin half to stop your knife so it doesn't cut all the way through.

3. In a small bowl, combine the melted butter, honey, Dijon and thyme leaves, mix well. Place pumpkin on a prepared oven tray and brush with honey mixture. Insert sage leaves into some of the cuts in the pumpkin halves and sprinkle both halves with salt and pepper.

4. Bake for 50 minutes, then top the pumpkins with the hazelnuts and bake for a further 5 minutes until the hazelnuts are golden and the pumpkin is fork-tender.