

Roasted Pumpkin and Egg Rounds with Feta and Herb Pesto



Preparation time: 30 mins

Serves: 4 people

User Rating: ★★★★★

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Categories: Quick & Easy, Dinner Recipes, Lunch Recipes, Entertaining



Ingredients

- 4 eggs
- 1 large butternut pumpkin
- 1 cup prepared dukkah
- 4 tbsp quality herb pesto
- 100g reduced fat feta cheese
- Olive oil
- Margarine

Method

1. Preheat the oven to 170°C.

- 2. Cut the lower section containing the seeds from the pumpkin. Peel the top section and cut into slices 4-6 cm wide. Using a 6cm scone cutter; cut 4 rounds of the pumpkin.
- 3. Roll the pumpkin in olive oil and then in the dukkah, only coating the sides. Place onto a baking tray lined with baking paper and bake in the oven for 30-35 minutes or till just tender.
- 4. When the pumpkin is cooked prepare the eggs.
- 5. Lightly grease the 6cm scone cutter with margarine; lightly oil the frying pan and place over a low heat. When pan is hot, crack the eggs on at a time onto a saucer and then slide into the ring. Allow to cook gently, uncovered till the white is set and the yolk still soft.
- 6. Assemble the roast pumpkin, top with feta slices, some herb pesto and place an egg on top of each.

Nutritional Information

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|--------------|-------------------|---------|-----------|---------------|---------------|---------------|--------|-------|
| Serving size | Energy | Protein | Total fat | Saturated fat | Carbs (total) | Carbs (sugar) | Sodium | Fibre |
| 459g | 2420kj 578kcal | 27.1g | 36.3g | 7.9g | 27.8g | 19.2g | 418mg | 14.5g |

All nutrition values are per serve.