

# MEDITERRANEAN STUFFED PUMPKIN

SERVES 5

## *Mince stuffing*

3 cloves of garlic  
1 large red or white onion  
10 black or green olives  
1/2 cup parsley  
1 spoon fresh oregano  
3 sundried tomatoes  
1/2 fresh red capiscum,  
or 1 whole pickled  
Salt and cracked pepper  
1 tsp Vegeta  
1/2 kg mince  
1 cup cooked rice  
1 egg  
3 spoons olive oil or infused oil

## *Vegetable stuffing*

1 cup cauliflower  
1 cup zucchini  
1 cup blanched, chopped spinach  
1/2 cup par-boiled carrot

Whole pumpkin

## **Method**

Preheat oven to 180C.

Chop garlic, olives, parsley, oregano, tomatoes and capsicum.

With your hands, mix together well with salt, pepper, Vegeta, mince, rice, egg and oil.

Add breadcrumbs if mixture is too soft.

Mix all vegetables together and season with salt and pepper.

Wash pumpkin, cut a hole in the top (reserving cut piece)

and scrape out all the seeds.

Take handfuls of the mince and press around the walls of the pumpkin.

Fill the centre of the pumpkin with vegetables, packing tightly.

Lather the skin of the pumpkin with olive oil.

Rub the lid of the pumpkin with oil.

Place both the pumpkin and the lid on a tray lined with foil.

Cook until soft.

The lid will cook faster than the pumpkin.

When ready to serve, put the lid on top of the pumpkin and slice like a cake!