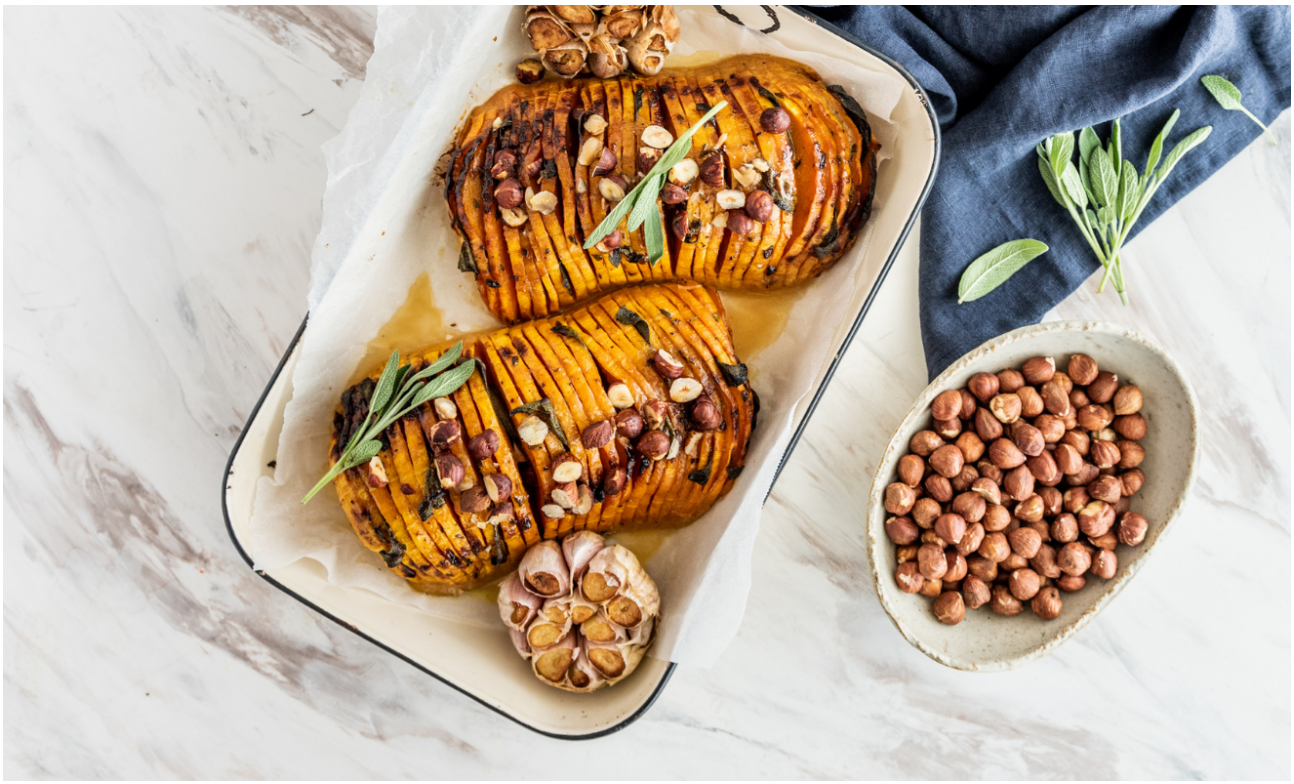
Honey and Hazelnut Hasselback Pumpkin

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

Visit capilanohoney.com.au to learn how to swap honey for sugar in your recipes.

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Ingredients

- 1 medium butternut pumpkin
- 10-12 fresh sage leaves
- 25g unsalted butter, melted
- 2 tbsp Capilano Pure 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

Pure Honey

Smooth, sweet and perfectly balanced, generations of Aussies have grown up with Capilano Pure Honey. Made by Aussie bees and their beekeepers, our signature blend of eucalypt and ground flora honey is the taste of Australia.

Make the Sweet Switch
Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes here.

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.

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