

sweet & sour pumpkin

Equipment:

measuring cup & spoon, chopping board, knives, large round frying pan, wooden wok stirrer

ingredients:

2 TBLSPNS olive oil
250gms peeled and seeded pumpkin
2 cloves garlic, peeled and finely chopped
1 TBLSPN white sugar
2 TBLSPNS red-wine vinegar
sea salt and black pepper
12 mint leaves

method:

Cut the pumpkin into 5mm thick slices.

Heat a little of the olive oil in the frying pan over medium heat. Tip in pumpkin, so there is only a single layer, stirring every few minutes until it softens; it is nice if it gets a little browned.

Add garlic for the last minute of cooking time.

Place in a single layer on a plate.

Discard any excess oil out and turn heat up. Tip in sugar and vinegar. Swirl around and bring to boil so the vinegar reduces slightly into a syrup. Tip over the pumpkin slices. Season with salt and pepper.

Wash and dry mint. Tear or chop, and scatter over the pumpkin.

Leave at room temperature for 1 hour before serving if desired, although we ate it warm.