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.