

Pumpkin with lime

Wendy Taylor our talented ABC Northern Rivers chef has created this special recipe for us.

4 wedges pumpkin, peeled

1 lime cut into 8 wedges

Red onion, finely sliced

Sea salt

Freshly ground pepper

Lime and Chilli Infused Macadamia oil

optional extras, coriander leaves, slices of chilli

Brush pumpkin with macadamia oil and sprinkle with sea salt.

Bake pumpkin until soft and slightly blackened around some

of the edges. Cut flesh of limes away from skin and cut into pieces.

Cut pumpkin into mouth size pieces and mix with the other ingredients.

Serve with roasted chicken or pan-fried fish

Try on top of a pile of rocket.