

Oxfordshire Pumpkin Festival Recipes

Moreish Crunchy Pumpkin Seeds by Abundance Oxford



Moreish Crunchy Pumpkin Seeds



By Abundance Oxford and Disco Soup

Ingredients:

- *Seeds from a medium pumpkin/squash*
- *1.5 tbsp sesame oil*
- *2.5 tbsp soy sauce*
- *3 tbsp of nutritional yeast**
- *1 tsp (or more to taste) of chilli flakes*

Steps:

1. Pre-heat the oven to 180 C (350 F or Gas Mark 4).
2. Remove the seeds from the belly of the pumpkin/squash.
3. Toss the seeds and with the sesame oil, soy sauce and nutritional yeast.
4. Spread out onto an oven tray (lightly oil the tray or put onto greaseproof paper or a reusable silicon baking mat). Make sure they are spread apart enough to allow the seeds to roast in the oven.
5. Sprinkle the seeds with chilli flakes to taste, and then pop in the oven for 15 minutes or until crispy.
6. Enjoy your snacks long after the pumpkin has been finished – take your moreish crunchy seeds out for autumnal walks on crunchy leaves!

