

Gluten Free Vegetarian Stuffing Filled Roast Pumpkin



Gluten free, nut free, lower FODMAP, vegan option perfect for lunch or dinner.

Recipe provided by Georgia McDermott as part of the Guardian Feast App Partnership. Download Feast on the [App store for Apple iOS](#) or [Google Play for Android](#).

Ingredients

For the pumpkin

1 medium butternut or Kent pumpkin (about 2kg) see 'Swap'

10-20ml (2-4 teaspoons) neutral oil

Salt, to season

For the low FODMAP stuffing

75g butter (salted, unsalted or a good quality dairy free butter)

10g (1 small bunch) sage leaves, woodier stalks removed and finely chopped

5g (1/2 small bunch) rosemary, weighed after woody stalks removed and then finely chopped

5g (1/2 small bunch) thyme, weighed after woody stalks removed and then finely chopped

50g fresh shiitake mushrooms, finely chopped

Green part of 1 large leek, thoroughly washed and finely chopped

125ml (1/2 cup) vegan low FODMAP beef stock

Greens of 1 large bunch of spring onions (approximately 150g greens)

Seasoning, to taste

250g day old gluten free bread, torn into small chunks

For the pumpkin glaze

10-20ml (2-4 teaspoons) maple syrup

1 tablespoon Dijon mustard

Lemon zest and juice, to your tastes

Chilli flakes, to your taste (optional)

Fresh black pepper, to your tastes

To finish

Pomegranate arils, to garnish (optional but delicious)

Method:

1. Preheat the oven to 180°C.
2. Carefully slice your pumpkin in half lengthways. Thoroughly grease and season the pumpkin pieces and place them on a baking tray, flesh side up.
3. Bake the pumpkin for 60 minutes. The flesh should be soft, and the skin should be golden.
4. Set aside to cool a little while you make the stuffing.
5. To make the stuffing, have all your ingredients washed, chopped and organised before you start. The recipe moves quickly once it gets going. Whisk up the pumpkin glaze while you're at it.
6. Heat a large skillet over a medium heat. Add the butter and allow it to melt, then add the herbs, shiitake and leek greens. Cook for 3-5 minutes or until softened and super fragrant, adding splashes of stock whenever necessary.
7. Add the spring onion greens and cook for another minute or so.
8. Add the small chunks of bread and stir thoroughly to combine everything. Taste and season thoroughly and according to your preferences.
9. Allow the stuffing to cook through until it has dried out, then remove from the heat.
10. Use a spoon to dig out about 3/4-1 cup of pumpkin flesh to allow the pumpkin to be stuffed.
11. Season the pumpkin again, then brush with the pumpkin glaze. I like to use the whole batch of

glaze; you might prefer a bit less.

12. Add the stuffing to the space you have created in the pumpkin. Divide it equally between each piece and press down thoroughly to get all the stuffing in there.
13. Return the pumpkin to the oven for 20 minutes or until the stuffing is golden brown on top. Top with the pomegranate arils and serve.