

Baked Pumpkin and Kumara

Peel orange kumara and butternut pumpkin and cut into small squares

Sprinkle with garam masala and tumeric and finely cut red onion

Bake 1/2 hour 180 degrees turning once

When cooked add salted cashew nuts and chopped parsley

Squeeze fresh lemon juice on to vegetables and 1 tspn rice wine vinegar

Enjoy!