

# Pumpkin bake with minced meat

Ingredients required for 2 persons

**Preparation time** 60 minutes

**Difficulty** medium

## Ingredients

- 1 Hokkaido pumpkin
- 2 EL olive oil
- 0.5 TL salt
- 1 spring onion
- 1 carrot
- 2 EL canola oil
- 250 g minced meat
- 1 EL tomato paste
- 1 Prise pepper
- 1 mozzarella ball



## Preparation

Cut pumpkin in half, remove the seeds and cut into wedges. Grease a casserole with olive oil. Place the pumpkin wedges in the oven dish, add a little salt and bake at 180 °C fan. In the meantime, wash the spring onion and cut into rings. Peel the carrot and cut into small dice. Heat canola seed oil in a pan, sauté the carrot and spring onion and add the minced meat. Season with tomato paste, salt and pepper. When the pumpkin wedges are tender (after around 15 minutes), place the meat vegetable mix in the casserole. Scatter over with small pieces of mozzarella. Bake until the cheese is golden brown.