

Pumpkin Rings with Mashed Potato



Serves	4
Prep time	10 minutes
Cook time	25 minutes
Total time	35 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Egg , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	Dairy / Lactose Free , Gluten Free , RPAH Elimination Diet - Moderate Chemical , Salicylate Challenge
Meal type	Side Dish
Misc	Child Friendly , Serve Hot

Ingredients

- 3 Large potatoes
- 1 butternut or squash pumpkin (you will need a 5cm section through a whole pumpkin)
- 2 tablespoons rice bran oil
- Salt
- Butter, milk or alternatives (for mashing the potatoes)

Directions

1. Preheat the oven to 180°C and lightly grease a baking tray.
2. Peel the section of pumpkin then slice into 4 even rings and remove the seeds. Place the rings onto the prepared tray.
3. Brush the tops of the pumpkin with oil and season with salt. Turn over and repeat.
4. Bake for 25 minutes, turning halfway through.
5. Meanwhile, peel, cook and mash the potatoes.
6. To serve, place a ring on each plate and top with mashed potato.



Note

Low glutamates, moderate salicylates and low amines.