

SAVORY ROASTED PUMPKIN WEDGES WITH CRUNCHY PARMESAN HERB TOPPING

by radish*rose

Adapted from [Plenty: Vibrant Vegetable Recipes from London's Ottolenghi](#)

Ingredients:

1 squash or pumpkin with edible skin - mine was 3 1/4 lbs. whole - the proportions below are for 1 1/2 lbs, adjust according to how big your squash or pumpkin is!

1/2 c. grated Parmesan

3 T. panko (Japanese plain breadcrumbs)

2-3 T. mixed savory herbs, minced (I purchased a "poultry pack" single serve size of mixed herbs, which was sage, rosemary, and thyme. It was perfect for this! No poultry required. Original recipe calls for 6 T. parsley and 2 1/2 tsp fresh thyme, finely chopped. Do what you like or have on hand. I did enjoy singing the Simon & Garfunkel song to myself though.... parsley, sage, rosemary & thyme)

grated zest of 1 lemon

2 garlic cloves, pressed

olive oil, for brushing both sides of the pumpkin wedges

Equipment:

Hefty & sharp kitchen knife for butchering the pumpkin. Seriously, BE SAFE WITH THIS. Baking sheet and parchment paper for baking the wedges (a [silpat](#) would work too). A [pastry brush](#) is nice for brushing the olive oil onto the wedges.

Method:

Prepare the pumpkin: Preheat the oven to 375 degrees F. Wash the pumpkin. Now, take some deep yoga breaths. You need to be really careful and get your biggest, sharpest knife for this job. In the original recipe they say to cut 3/8" slices - but I couldn't manage this, not being a professional chef and all, so my tips are: Make sure your knife is sharp and RESPECT THAT BAD BOY and the physical force that is required for this. Do not look away from your task. Cut off the top of the pumpkin, then cut it in half. Scoop out all the seeds and pulp and discard them. Now make your wedges. Use your geometry skills and direct your cutting force accordingly. If you can't make the wedges too small and dainty, just go with what you can do. You can cut it from the bottom (orange side) or the top (skin side), whatever works for you. Just keep your fingers out the way, got it? OK congratulations! You have survived initiation to the Pumpkin Faction. (Yes, that was a [Divergent](#) joke.)

Assemble Le Wedges: Did you line your baking sheet with parchment paper or a [silpat](#) yet? If not, go ahead and do that. In a smallish bowl, mix together the grated Parmesan, panko, minced herbs, lemon zest, and pressed garlic. Pour a little olive oil into a small bowl and get your [brush](#) out. Brush each side of the wedge with olive oil, then lay it down on the baking sheet. Now sprinkle the Parmesan mixture over each wedge (try not to get it on the baking sheet, but if you do, no biggie - it will just get brown and crisp and delicious. I KNOW, RIGHT?!).

Roast 'em: Roast these dudes about 30 minutes. They're done when you can poke a wedge with a little knife and the pumpkin is soft. If it seems like the topping is getting too brown before they are done, cover with foil and continue, then roast the last few minutes without the foil again.

Original post:

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