Roasted Pumpkin and Egg Rounds with Feta and Herb Pesto

Preparation time:	30 mins
Serves:	4 people
User Rating:	★★★★☆

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Ingredients

- 4 eggs
- 1 large butternut pumpkin
- 1 cup prepared dukkah
- 4 tbsp quality herb pesto
- 100g reduced fat feta cheese
- Olive oil
- Margarine

Method

1. Preheat the oven to 170˚C.

2. Cut the lower section containing the seeds from the pumpkin. Peel the top section and cut into slices 4-6 cm wide. Using a 6cm scone cutter; cut 4 rounds of the pumpkin.
3. Roll the pumpkin in olive oil and then in the dukkah, only coating the sides. Place onto a baking tray lined with baking paper and bake in the oven for 30-35 minutes or till just tender.
4. When the pumpkin is cooked prepare the eggs.
5. Lightly grease the 6cm scone cutter with margarine; lightly oil the frying pan and place over a low heat. When pan is hot, crack the eggs on at a time onto a saucer and then slide into the ring. Allow to cook gently, uncovered till the white is set and the yolk still soft.
6. Assemble the roast pumpkin, top with feta slices, some herb pesto and place an egg on top of each.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
459g	**2420**kJ **578**kcal	**27.1g**	**36.3g**	**7.9g**	**27.8g**	**19.2g**	**418mg**	**14.5g**

All nutrition values are per serve.