Bean curd roasted pumpkin



About 35 minutes · Serves 2

Ingredients

- 400 g pumpkin, deseeded and cut into wedges
- 1 cube Tian Fu sesame oil fermented bean curd
- 1 tbsp cooking oil; 1 tsp sugar; 1 tbsp water

Method

1. Heat the oven to 200°C conventional / 180°C fan. Mash the bean curd with oil, sugar and water.
2. Lightly coat the pumpkin with the mixture and spread on a lined tray.
3. Roast for 25–30 minutes, turning once, until tender and golden at the edges.

Adjust the sauce and spice level to your taste.

Made with Tian Fu



Sesame oil fermented bean curd

180g / 6oz.

Cooking times are approximate. Check product labels for ingredients and allergens.