

# Roasted Pumpkin Seeds

**Season:** Any

**Type:** snack

**Difficulty:** 

**Serves:** 4-6

**From the Garden:** pumpkin seeds

<b>Equipment:</b>	<b>Ingredients:</b>
Metal spoon Saucepan Measuring cup Baking tray	Pumpkin seeds Salt Olive oil

## Method:

- Preheat oven to 200 °C.
- Use a strong metal spoon to scrape the insides of the pumpkin and scoop out the seeds and strings.
- Place the mass of pumpkin seeds in a colander and run under water to rinse and separate the seeds from everything else.
- Measure the pumpkin seeds in a cup measure. (you need to know how many cups you have for the next step.)
- Place the seeds in a medium saucepan.
- **Add 4 cups of water and 2 Tbsp of salt to the pan for every cup of pumpkin seeds.**
- Bring the salted water and pumpkin seeds to a boil.
- Let simmer for 10 minutes.
- Remove from heat and drain
- Coat the bottom of tray with olive oil.
- Spread the seeds out over the roasting pan in a single layer, and toss them to coat them with the oil.
- Bake on the top rack until the seeds begin to brown (5-20 minutes, depending on the size of the seeds.)
- Remove from oven and cool.