

Toasted Pumpkin Seeds

You will need -

Bowl
Spoon
Oven Tray
Oven

Ingredients –

(These are suggestions, you can use other similar ingredients, remember to try to stick to your portion sizes)

Pumpkin Seeds
Vegetable Oil
Herbs, Spices, Seasoning (as required)

Getting Started -

Make sure you have -

- All the ingredients and equipment you are using ready and to hand
- A clean and clear workspace
- Washed and drained your ingredients

Get ready to start by -

- Removing any jewellery or watches
- Tying hair back
- Rolling up sleeves
- Wearing an apron
- Washing hands

Please be mindful of the risks present when children are near heat or an open flames whilst cooking and supervise children at all times.



Toasted Pumpkin Seeds Method

Method -

1. Preheat the oven to 190°C
2. Remove all the flesh from the pumpkin seeds
3. Rinse under the tap
4. Place on your oven tray and allow to dry out
5. In a bowl mix together your flavourings with 1 tablespoon of vegetable oil
6. Add the pumpkin seeds and mix until covered
7. Place the pumpkin seeds back onto your oven tray, ensuring they are spread out in a single layer
8. Place in the oven for 10-15mins
9. Once they are crisp but not blackened (some may have popped) remove from the oven
10. Allow to cool before eating

Here are some flavour combinations you might like to try, but don't be afraid to experiment with your own favorite flavours -

Curry Mix - Curry powder with a pinch of salt

Pumpkin Mix - Mixed spices, with a pinch of sugar & a pinch of salt

Coffee Pumpkin - Ground coffee & pumpkin spice

Tasty Thai Mix - Thai seven spice, with a pinch of salt

Classic - Black pepper, with a pinch of salt

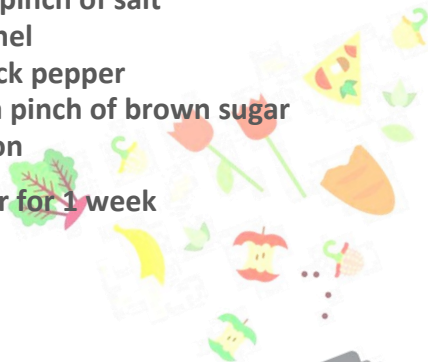
Mediterranean - Garlic & fennel

Spicy - Smoked paprika & black pepper

Sweet - Honey, vanilla, with a pinch of brown sugar

Cinnamon - Honey & cinnamon

Can be kept in an air tight container for 1 week



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