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## STUFFED PUMPKIN

★★★★★  
 DIFFICULTY  
**1/5**

PREP TIME  
**30'**

COOK TIME  
**1:30'**

SERVES  
**1-2**

### INGREDIENTS

2 small/medium pumpkins  
 2 oranges  
 100 grs shirgola/oyster and shiitake mushrooms (total 200 grs)  
 50 grs pitted black olives  
 10 grs salt

#### For the vinaigrette

20 ml olive oil  
 7 ml balsamic vinegar  
 5 ml honey (if vegan, use syrup substitute)

#### For the sorrel mix

250 grs red sorrel leaves

100 grs green sorrel leaves  
 10 grs edible flowers  
 100 grs mini sprouts

#### For finishing

1 gr sea salt scales  
 100 grs black olive powder

### PREPARATION

- 1- First, cut the pumpkin through the top part, and use a spoon to scrape out the seeds and stringy pulp.
- 2 - Season with salt, olive oil and pepper.
- 3 - Wrap the pumpkin with foil paper and cook on the grill over fire or embers.
- 4- Wrap a bunch of black olives in aluminium foil paper with a pinch of salt. Place on the grill and let it cook for 1 hour.
- 5 - For the sorrel mix: cut the red and green sorrel leaves with your hands and mix with mini green sprouts and edible flowers.
- 6 - Once pumpkins are ready, mix its pulp with orange juice, salt and olive oil.
- 7 - For the vinaigrette: mix the balsamic vinegar with olive oil, salt, honey and stir with a thin whisk.
- 8 - Cut the mushrooms in half, place them in the grill and let them seal only on one side. Season them with olive oil and salt.
- 9 - Take the black olives out of the grill and squish them in order to make powder out of them.
- 10 - Spread the vinaigrette on the sorrel mix, sprouts and edible flowers.
- 11 - Place the mushrooms inside the pumpkin and add the mixed greens.