

Toasted Squash Seeds

Homemade toasted seeds are a great way to use any large, plump seeds that come from your squash and they are packed full of vitamins and minerals.

 20 Minutes

 Serves 4

 Easy

INGREDIENTS

Pumpkin seeds
Olive oil
Salt

METHOD

STEP 1

Place the seeds in a colander and wash well under cold water. Rub all of the membrane off the seeds.

STEP 2

Place in a saucepan and boil for 3 minutes. Drain and then dab dry with kitchen paper. Drizzle the seeds with olive oil and a little salt.

STEP 3

Heat a baking tin in a hot oven (200°C/gas mark 6) add the squash seeds to the hot tin and roast for 10 minutes, then shake and cook for a further 5 minutes, or until the seeds puff up. If you like you can add flavours such as sea salt, rosemary, chilli or a splash of soy sauce while cooking for added flavour.

RECIPE FROM

The Community Farm

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