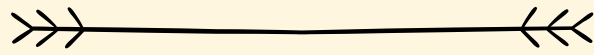


Shopping List

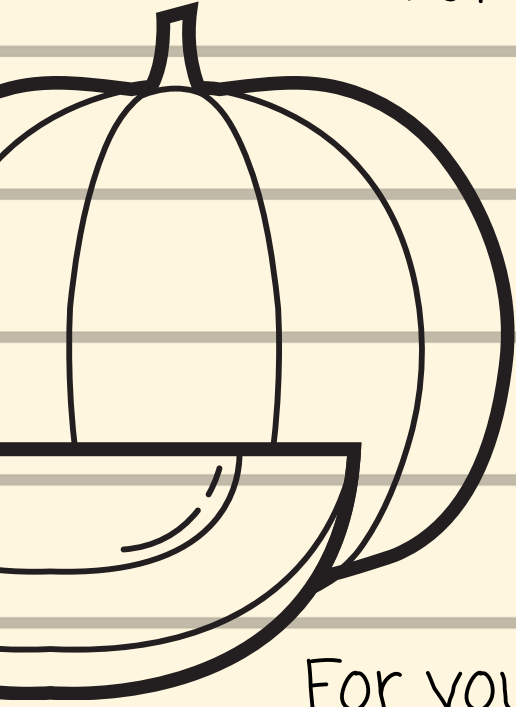


For your BBQ pumpkin:

½ pumpkin

Sea salt

Pumpkin oil



For your BBQ pumpkin soup:

300g barbeque pumpkin

½ white onion

500ml vegetable stock

1tsp white miso paste

For your miso pumpkin:

100g barbeque pumpkin

1 tsp miso paste

Salt

10ml balsamic vinegar

For your eggs:

Hen eggs

Salt

White vinegar

Potatoes

Oil

For your garnish:

Toasted pumpkin seeds

Fresh pomegranate

Pumpkin oil

