



# Pumpkin gratin

30'

Hands on

75'

Cook Time

4-6

Portion(s)

2

Difficulty



## Method

### For the pumpkin

- Preheat the oven to 180° C (350° F) set to fan.
- **Cut** the pumpkin in half, lengthways, and remove the seeds.
- Put the pumpkin into a **baking pan** and add salt, pepper, water, and cover with aluminum foil.
- Bake for 1 hour. Remove and scoop out 4-5 tablespoons flesh out of each pumpkin piece. Set aside.

### For the bechamel sauce

- Place a **pot** over medium heat.
- Add the butter and let it melt. Add the flour and whisk well with a hand whisk.
- Add the milk in batches, by whisking constantly, until the bechamel sauce thickens.
- Add the flesh of the pumpkin into the bechamel and whisk until the pumpkin melts and becomes homogenized with the mixture. As soon as it comes to a boil, remove from the heat.
- Add 1 teaspoon tarragon, the nutmeg, pepper, and 120 g of the cheese mix. Mix well and fill the pumpkins.
- Sprinkle with the remaining 80 g of the cheese mix, 1 teaspoon tarragon, and grill them for 10-15 minutes.

### To assemble

- Place a **frying pan** over high heat. Cut the bacon into pieces and add them to the pan. Sauté until golden.
- Place another frying pan over medium heat and add 2 tablespoons olive oil. Break the eggs in the pan, season with salt and pepper, and fry for 1-2 minutes.

### To serve

- Serve the pumpkins with the eggs, the bacon, rocket, cherry tomatoes, drizzle with olive oil, and season with salt and pepper.

## Ingredients

### For the pumpkin

- 1 ½ kilos pumpkin
- 2-3 tablespoons olive oil
- salt
- pepper
- 100 g water

### For the bechamel sauce

- 20 g butter
- 20 g all-purpose flour
- 200 g milk
- 1 tablespoon tarragon, fresh or dried
- 1 pinch nutmeg
- pepper
- 200 g cheese mix

### To assemble

- 100 g bacon
- 2 tablespoons olive oil
- 4 eggs
- salt
- pepper

### To serve

- rocket
- cherry tomatoes
- salt
- pepper
- olive oil

## Διατροφικός πίνακας

### Nutrition information per portion

351 Calories (kcal)	26.0 Total Fat (g)	12.0 Saturated Fat (g)	8.1 Total Carbs (g)
18%	37%	60%	3%
5.4 Sugars (g)	20.0 Protein (g)	1.8 Fibre (g)	1.9 Sodium (g)
6%	40%	7%	32%

