KIKKOMAN

Stuffed Hokkaido pumpkin with oyster mushrooms and pistachios

Total time **90 mins** **15 mins** preparation time **75 mins** cooking time

Nutritional facts (per portion):
1,919 kJ / 458 kcal

Fat: **28.9 g** Protein: **10.6 g**
Carbohydrates: **35.7 g**

INGREDIENTS

4 portion(s)

1	small Hokkaido pumpkin (approx. 1 kg)
100 g	bulgur wheat
200 g	oyster mushrooms
60 g	pistachios, shelled
3 tbsp	Kikkoman Naturally Brewed Soy Sauce
1 tsp	turmeric
125 ml	water
80 g	butter
2 tbsp	rapeseed oil
1	orange

PREPARATION

Step 1

Mix the dry bulgur wheat with the turmeric and 1 tbsp rapeseed oil.

Step 2

Bring the water to a boil and pour this over the bulgur wheat. Then leave this to stand, covered, on a hot plate for 10 minutes.

Step 3

Tear the oyster mushrooms into long strips and sauté them with 2 tbsp rapeseed oil until golden brown. Remove the pan from the heat and pour in the Kikkoman soy sauce.

Step 4

Then roughly chop the mushrooms and mix them together with the cooked bulgur wheat, pistachios, orange zest and butter.

Step 5

In the meantime, preheat the oven to 180 °C, rinse the pumpkin, and cut off the top quarter. Cut off a very shallow piece at the bottom of the pumpkin to give it more stability and prevent it rolling away. Scrape out inside of the pumpkin using a spoon and fill with the bulgur wheat and mushroom mixture.

Step 6

Cover with foil and cook on the middle shelf of the oven for approx. 25 minutes. Then remove the foil and leave to colour for about another 10 minutes.