

Helen Graham's pumpkin with olives, grapes and crème fraîche

Serves four

Ingredients

Quantity	Ingredients
1	pumpkin (approx 800g), deseeded and cut into two-inch wedges
2 tbs	olive oil
350g	seedless red grapes
200g	buckwheat
1	lime
200g	crème fraîche

For the dressing

Quantity	Ingredients
4 tbs	olive oil
3 tbs	light soy sauce
3 tbs	date syrup
2 tbs	black vinegar
3	cloves garlic, finely grated
80g	pitted kalamata olives, roughly chopped

Method

1. Preheat your oven to 180C fan. Place the pumpkin and grapes on a baking tray, drizzle over the olive oil and add half a teaspoon of table salt and a good grind of black pepper. Toss thoroughly so the pumpkin and grapes are coated in oil and roast for 25 minutes, until the pumpkin is totally cooked through.
2. Once the roasting is under way, bring a pan of water to the boil and add the buckwheat. Cook for 10 minutes until tender, then drain and set aside.

3. Make the dressing. Combine the olive oil, soy sauce, date syrup, vinegar, garlic and half a teaspoon of salt and whisk until smooth. Stir in the olives.
4. Once the pumpkin and grapes have been roasting for 25 minutes, remove the tray from the oven and increase the temperature to 200C fan. Add the buckwheat and dressing to the tray and toss thoroughly so that everything is coated in the dressing. Return to the oven and cook for 10 minutes until the pumpkin is golden and any liquid is bubbling.
5. Zest the lime and stir the zest into the crème fraîche, along with a quarter teaspoon of salt. Cut the lime into four and set aside.
6. To serve, plate up the buckwheat, spoon over some crème fraîche and garnish with a lime wedge.