

Sombra pumpkin pizza



Ingredients for 4 people

200 g organic Sombra pumpkin
(corresponds to about a ¼ pumpkin)
2 onions (approx. 100 g)
2 tbsp olive oil
1 pizza dough
200 g sour cream
1 egg
1 tsp ground caraway seeds
½ tsp ground nutmeg
½ tsp cinnamon
Salt and pepper
50 g grated parmesan
2 tbsp pumpkin seed oil
A handful of shelled pumpkin seeds

Preheat the oven to 200 °C (conventional oven). Wash the organic sombra pumpkin, cut it in half, remove the seeds using a tablespoon and cut the halves into wedges. Peel the onions, cut into thin rings and place in a bowl with the pumpkin. Pour the olive oil and a little salt and pepper over the pumpkin and onion and mix.

Whisk the sour cream with the egg, add the spices and mix to a smooth cream. Roll out the pizza dough, place on a baking tray and spread evenly with the cream. Arrange the pumpkin wedges and onion rings on the dough and sprinkle with the Parmesan cheese.

Bake the pizza in a preheated oven for 25 minutes. Drizzle the pumpkin seed oil over the finished pizza. Sprinkle the pumpkin seeds over the top and serve.

Bon appétit!