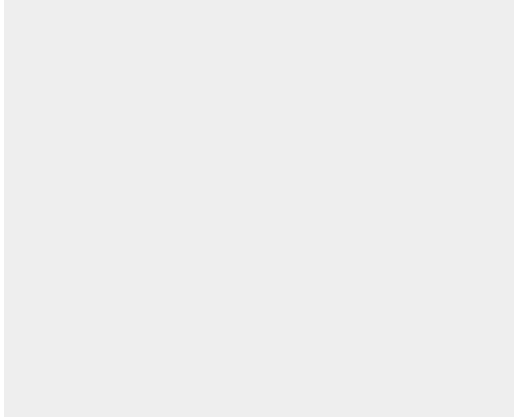




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## Roasted Pumpkin with sunflower seeds (Ideal with Dallas Light Rye Vienna)

### Your ingredients list:

2 teaspoons sunflower seeds  
Cut 2 slices of pumpkin,  
size of a slice of bread, pan fried 2cm thick.  
2 teaspoons olive oil  
Bunch rocket leaves  
Mayonnaise  
Vienna bread

### Instructions:

Dry fry in pan sun flower seeds, toss about until golden over a high heat, put aside. Heat oil in pan cook slices of pumpkin 6 minutes per side or until tender. Toast Vienna slices of bread, spread with mayonnaise, rocket, sesame seeds and pumpkin and serve warm.