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roast pumpkin seeds recipe

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These roasted pumpkin seeds are good to serve with a glass of wine and less fattening than crisps or peanuts.

- 2 tablespoons pumpkin seeds
- 1 tablespoon extra virgin olive oil
- Good pinch of flaky salt
- ½ teaspoon cayenne pepper

Preheat the oven to 170C/325F/gas mark 3.

Put the pumpkin seeds in a roasting tin, add a drizzle of olive oil, a splash of water, a pinch of flaky salt and the cayenne.

Toss together and roast for 5-10 minutes. As the water evaporates, it crunches up the seeds and leaves them coated in oil, cayenne and salt.



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