

# Butter Fried Pumpkin

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*This is a really simple way to prepare pumpkin and it's absolutely perfect as a side dish to any meal in place of potatoes. You could also use it in salads - just toss with rocket leaves, red onion and a balsamic dressing for a delicious dinner.*

## Ingredients:

1 small sugar pumpkin  
50g plain flour  
Salt and pepper  
60g butter

## Directions:

1. Cut the pumpkin in half and remove the seeds, pith and outer skin. Cut into chunks.
2. Mix the flour with the salt and pepper and then toss the pumpkin in the flour to coat.
3. Melt the butter in a deep frying pan and once foaming, add the pumpkin to the pan, turning frequently until golden and tender.

*Author: Laura Young*