



Wrap with organic pumpkin cheese



This recipe was created by cookingqueens.nl

Ingredients

- 1 butternut squash
- 300 grams Henri Willig Organic Pumpkin Cheese
- 300 grams ricotta cheese
- 90 grams rocket
- 1 apple
- salt and pepper to taste
- a small splash of olive oil

This pumpkin wrap is ideal as a healthy lunch, a flavourful in-between dish, or a creative way to incorporate more vegetables into your daily menu. Thanks to the artisanal ingredients and warm flavours, this recipe fits perfectly with the autumn season and is ideal for anyone who loves pure, seasonal dishes.

Preparation

- 1: Line a baking tray with parchment paper and preheat the oven to 200°C so it reaches the right temperature.
- 2: Peel a piece of butternut squash and cut about 15 thin slices. Place the slices slightly overlapping on the baking tray. Drizzle with a little olive oil and sprinkle some grated pumpkin cheese over them.
- 3: Place the pumpkin in the preheated oven for 25 minutes, until the slices are nicely soft and the cheese begins to colour lightly.
- 4: Remove the tray from the oven, let it cool slightly, then carefully turn it over.
- 5: Loosen the ricotta and mix it with extra pumpkin cheese, a handful of rocket and some salt and pepper. Spread this evenly over the flipped pumpkin base.
- 6: Add extra rocket on top of the filling and place thin slices of apple over it. Finish with a little black pepper.
- 7: Carefully fold the pumpkin sheet in half and cut it into several pieces with a sharp knife. Serve the wrap with a fresh rocket salad.

How do you peel a butternut squash most easily?

Many people wonder: peel butternut squash or not? For this recipe, peeling is definitely recommended, because you need thin, even slices that cook properly in the oven. Peeling a butternut squash is easiest if you first cut off the top and bottom to create a stable base. Stand the squash upright and remove the skin with a sharp peeler or chef's knife in long, vertical strokes. This reveals the flesh and leaves you with firm, smooth slices that are perfect for a vegetable wrap, lasagne or oven dish.



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Serving tips for an autumn-inspired lunch

Serve the pumpkin wrap warm or lukewarm with a small salad of rocket, apple and walnuts. A few drops of honey or apple cider vinegar add extra depth to the dish. For a more luxurious touch, combine the wrap with a spoonful of cranberry compote or a homemade mustard dressing. Also excellent to take to work or school, as the wrap stays firm and full of flavour.

Can I make the pumpkin wrap in advance?

Yes, you can easily prepare the wrap ahead of time. Roast the pumpkin slice and let it cool completely. Store it covered in the refrigerator. Add the filling just before serving, so the rocket and apple stay fresh and crisp.

What variations can I make on this recipe?

You can vary endlessly: add grilled courgette, use goat's cheese instead of ricotta, or replace the apple with pear. A hint of chilli or roasted pumpkin seeds also gives the wrap extra bite.