

The Australian Healthy Skin Diet by Geraldine Georgeou

'Sandwich Station'

Smashed pumpkin with feta and pepita dukkah (p. 168)

Serves 4

Prep time: 10 mins

Cooking time: 35 mins

Looking to impress with a simple lunch? This open sandwich has it all: it's creamy, sweet, peppery and crunchy. Pepita dukkah might sound fancy but this twist on the classic is easy to prepare and pepitas pack a punch if you are looking to boost your zinc intake. Zinc has been shown to reduce the amount of oil produced by the skin and helps heal skin damage caused by acne.

400 g (14 oz) butternut pumpkin (squash), cut into cubes
4 eggs
4 slices rye bread or gluten-free wholegrain bread, toasted
100 g (3½ oz) reduced-fat feta cheese
1 cup (35 g) rocket (arugula)

Pepita dukkah

3 tablespoons pepitas (pumpkin seeds)
2 tablespoons sesame seeds
1 teaspoon cumin seeds
1 teaspoon coriander seeds
1 teaspoon sumac

Preheat the oven to 180°C (350°F) fan-forced and line a baking tray with baking paper.

Put the pumpkin on the tray and roast for 30 minutes or until tender.

Meanwhile, to make the dukkah, toast the pepitas, sesame seeds, cumin seeds, coriander seeds and sumac in a dry frying pan over medium heat for 3 minutes or until fragrant, shaking the pan to avoid burning. Remove from the pan and grind with a spice grinder or mortar and pestle until the seeds are split but not powdery.

Meanwhile, put the eggs in a small saucepan of cold water and bring to the boil. When the water has boiled, remove from the heat and leave the eggs in the water for 2 minutes. Then run them under cold water and allow to cool slightly before peeling.

Coarsely mash the roasted pumpkin and season well.

Spread the mashed pumpkin onto warm toast, crumble the feta over the top, add a soft-boiled egg and sprinkle with dukkah. Serve with rocket.

Analysis summary (per serve)

Energy 1288 kJ (308 cal)
Protein 20 g
Total fat 13 g
Saturated fat 4 g
Carbohydrate 24 g
Sugars 6 g
Dietary fibre 6 g

The Healthy Skin Diet: Recipes & 4-week eating plan to support skin health and healing at any age by Geraldine Georgeou (Murdoch Books, £14.99) is available to buy now.