

Luke Mangan's smashed spiced pumpkin & ricotta on rye with poached eggs

Search:

- [Moroccan](#)
- [Recipes](#)

Luke Mangan's smashed spiced pumpkin & ricotta on rye with poached eggs

```
(function(d, s, id) { var js, fjs = d.getElementsByTagName(s)[0]; if (d.getElementById(id)) return; js = d.createElement(s); js.id = id; js.src = "//connect.facebook.net/en_US/all.js#xfbml=1"; fjs.parentNode.insertBefore(js, fjs); }(document, 'script', 'facebook-jssdk'));  
Tweet !function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0];if(!d.getElementById(id)){js=d.createElement(s);js.id=id;js.src="https://platform.twitter.com/widgets.js";fjs.parentNode.insertBefore(js,fjs);}}(document,"script","twitter-wjs");
```



```
(function() { var po = document.createElement('script'); po.type = 'text/javascript'; po.async = true; po.src = 'https://apis.google.com/js/plusone.js'; var s = document.getElementsByTagName('script')[0]; s.parentNode.insertBefore(po, s); })();  
Add to favorites
```



Rate this recipe

0 people are cooking this [Count me in](#)

Tuck into this great vegetarian breakfast dish, with lots of beautiful Moroccan spices. Try using sweet potato as it also works well instead of the pumpkin.

Ingredients (serves 8)

Moroccan-spiced pumpkin

- ½ medium butternut pumpkin, skin left on, cut in half and seeds removed
- 3 tbsp extra-virgin olive oil
- 3 tbsp ras el hanout (a North African spice blend)
- 400 g ricotta cheese
- Harissa yoghurt
- 300 g Greek-style yoghurt
- 30 g harissa paste
- 3 tsp lime juice
- To serve
- 8 free-range eggs
- 3 tbsp vinegar
- 1 tsp salt
- 8 slices rye bread, toasted
- 3 tbsp dukkah (a blend of toasted nuts and spices, available from good food stores)

Luke Mangan's smashed spiced pumpkin & ricotta on rye with poached eggs

- ½ bunch chives, finely chopped
- 8 thyme sprigs, leaves picked extra-virgin olive oil, for drizzling

Method

Preheat the oven to 180°C.

Coat the pumpkin with the olive oil and ras el hanout and season with salt and pepper. Cover each half with foil and bake for 1 ¼ hours, or until tender. Remove from the oven and leave to cool.

Scoop out the flesh, discarding the skin. Warm the pumpkin in a saucepan over low heat, then stir in the ricotta and cook until the mixture is hot. Keep warm. Combine all the harissa yoghurt ingredients in a small bowl and set aside.

To poach the eggs, fill a wide saucepan with about 8-centimetres of water.

Add the vinegar and salt and bring to the boil. Reduce the heat to medium-low, so the water is just simmering, with small bubbles rising from the bottom of the pan and small ripples across the top of the water.

Using a wooden spoon or whisk, stir the simmering water in one direction to create a whirlpool – this will help give your poached eggs a neat shape. Crack an egg into a saucer. Slide the egg from the saucer as close to the water as possible, into the centre of the whirlpool. Cook, without stirring, for 2 to 3 minutes for a semi-soft yolk, or 3 to 4 minutes for a firm-set yolk. Using a slotted spoon, transfer the egg to paper towel to drain. Season and keep warm while cooking the remaining eggs, one at a time.

To serve, place the toast on serving plates and spread with a generous spoonful of the pumpkin mash. Top with the poached eggs, then a good dollop of the harissa yoghurt. Sprinkle with the dukkah, chives, thyme leaves and finish with a drizzle of olive oil.

This recipe is a taste of [Sharing Plates](#) by Luke Mangan. Published by Murdoch Books, \$39.99

```
function displayNutrition(msg) { $('nutrition-label-container').text(msg); $('nutrition-label-container').fadeOut(1000, function() { c_obj = $(this); window.setTimeout(function() { $(c_obj).fadeOut(1000); }, 5000); }); } function saveFavoriteNode(nid) { $.get('/favorite_nodes/add/' + nid, function(data) { // $('result').html(data); alert('This recipe was added to your favorites list'); }); }
```