Make pumpkin macaroni cheese

What you need

- 1 pumpkin, about 1.2kg
- 3 tbsp olive oil
- Salt and black pepper
- 30g **unsalted butter**
- 30g **plain flour**
- 1 tsp **English mustard powder**
- ¼ tsp paprika
- 500ml **milk**
- 150g **mature cheddar**, grated
- 50g **Comté** or **Gruyère**, grated
- 300g dried **macaroni or spiral pasta**
- 50g chunky **breadcrumbs**
- 30g **Parmesan**, grated
- 2 baking trays
- 2 saucepans
- Wooden spoon
- Colander

Will you carve a pumpkin this Halloween? What do you do with the bits you cut out? New research from the environmental charity Hubbub shows that one in four children have never eaten a pumpkin but millions of them are bought for Halloween every year. Hubbub's research predicts that 24.5 million pumpkins get thrown away. For its #EatYourPumpkin campaign this year, Hubbub has partnered with Emily Gussin, the author of a book called *Don't Waste Your Pumpkin*.

Pumpkin macaroni cheese is just one of the recipes in Gussin's book, along with cakes and dips. This serves four people. If you don't want to cook and serve it inside a pumpkin, don't worry. You can roast any chunks you remove and bake the mixture in an ovenproof dish.

1 Preheat the oven to 220˚C (200˚C fan). Cut the top quarter off the pumpkin and remove the seeds, then put the pumpkin on a baking tray.

2 Chop the removed top into 2cm chunks (remove the stalk but only peel the chunks if the skin is very thick) and spread the pieces out on another baking tray. Drizzle both trays of pumpkin with oil, season with salt and pepper and bake for 20 minutes.

3 Melt the butter in a pan over a medium heat then add the flour, mustard powder and paprika, and cook for a few minutes, stirring it into a dry paste. Add the milk a little at a time, stirring well with each addition to make a smooth paste and, once all the milk is added, a smooth sauce. Bubble for a few minutes to thicken a little, then add the cheeses and stir until they have melted. Remove from the heat and season.

4 Cook the macaroni in a large pan of salted boiling water for two minutes less than the pack instructions say. Drain the water away with a colander and stir the macaroni through the cheese sauce. Add the pumpkin cubes to the mixture and mix well.

5 Spoon or pour the mixture into the roast pumpkin. Scatter with the breadcrumbs and grated Parmesan. Return it to the oven and bake for 20 minutes until it is golden and bubbling.

TOP TIP

If you don't have the cheeses listed, use any cheeses you like.

WARNING!
Ask an adult to help you handle and cut the heavy pumpkin.

Allergy information

Ingredients in **bold** are allergens. Allergens are substances that can cause allergic reactions in some people. If you have a food allergy, carefully check the items listed. You can find more information at tinyurl.com/TWJ-allergy

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