





Stuffed Pumpkin

Ingredients:

Japanese pumpkin or squash 1 unit
(approx.700 gr.)

Cream cheese
150 gr.

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1 can

Egg
1 unit

White sauce (Bechamel)
1 cup

Corn starch
1 tablespoon.

York Ham
150 gr.

Grated cheese
100 gr.

Breadcrumbs
2 tablespoons

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Chopped parsley

to taste

Procedure:

Cut and dismiss the top of the pumpkin so that it fits the MicroCheff Pot height, if it is a squash, cut it in two halves lengthwise. Remove seeds. Put the lid on and microwave for 4 minutes on high.
Mix the grated cheese with the breadcrumbs and parsley.
Mix the White sauce with the sweet corn, the corn starch, the egg, the ham and the cream cheese (diced into little cubes) and half of the mixture of grated cheese, breadcrumbs and parsley. Stuff the pumpkin with this preparation and cover it with the rest of the mixture of grated cheese and breadcrumbs.
Microwave for 4 minutes on high.





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