



Whipped Feta & Cinnamon Honey

with Roasted Pumpkin & Crispy Sage

Creamy whipped feta, caramelised roasted pumpkin and crisp sage come together with a generous drizzle of Mountain Mist Cinnamon Whipped Honey to create a beautiful balance of sweet, savoury and earthy flavours. Finished with toasted pepitas for crunch.

SERVES 4 | PREP 15 mins | COOK 30 mins | DIFFICULTY EASY

INGREDIENTS

Roasted Pumpkin

- 500g Kent or Jap pumpkin, cut into wedges
- 1 tbsp olive oil
- Sea salt
- Freshly cracked black pepper

Whipped Feta

- 200g Danish feta
- 100g cream cheese
- 2 tbsp Greek yoghurt
- 1 tbsp olive oil
- Juice of ½ lemon

To Finish

- 2 tbsp Mountain Mist Cinnamon Whipped Honey
- 2 tbsp pepitas (pumpkin seeds), toasted
- 8–10 fresh sage leaves
- 1 tsp olive oil (for frying sage)
- Crusty sourdough or toasted pita, to serve

METHOD

1. Preheat the oven to 200°C.
2. Toss the pumpkin wedges with olive oil, sea salt and pepper. Roast for 25–30 minutes, turning once, until golden and caramelised.
3. While the pumpkin roasts, blend the feta, cream cheese, Greek yoghurt, olive oil and lemon juice until smooth and creamy.
4. Heat a small frying pan over medium heat with 1 teaspoon of olive oil. Fry the sage leaves for 20–30 seconds until crisp, then drain on paper towel.
5. Spread the whipped feta across a serving plate.
6. Arrange the warm roasted pumpkin over the feta.
7. Scatter over the toasted pepitas and crispy sage leaves.
8. Finish with a generous drizzle of Mountain Mist Cinnamon Whipped Honey and serve with warm crusty sourdough or toasted pita.

MOUNTAIN MIST TIP

Roasting the pumpkin until its edges caramelize naturally enhances its sweetness, making it the perfect partner for our Mountain Mist Cinnamon Whipped Honey. A final drizzle just before serving adds beautiful aroma and glossy finish.

Gather around the table.