



# Steak with Pumpkin Mash

NIBBLEDISH CONTRIBUTOR

## Ingredients

This recipe is more about the mash - the steak can be done any way you like ;)

Enough for two portions.

- 1/4 small pumpkin, cut into large chunks
- freshly ground black pepper
- knob of butter
- spoonful of mustard (wholegrain if you have it)

## Instructions

**Another autumny dish. I'm attempting to be more seasonal in my cooking, enjoying the ingredients and flavours that the time of year brings. This pumpkin mash went beautifully with a small steak, seared on both sides for just a few minutes. I served it all with some shallots that had been pan-roasted with a bit of olive oil, whole garlic cloves and fresh sage leaves.**

1. Put the pumpkin chunks in a pan of cold, seasoned water and bring to the boil.
2. Boil until soft enough to poke a fork through. Drain, put the pan on a heatproof surface and mash in the pan (the residual heat will help evaporate the rest of the water).
3. Mash to a smooth consistency, add the butter, pepper (be generous) and the mustard. Fold in, mix well, taste and season if necessary.