Oven-Baked Pumpkin Fries

**Ingredients:**
- 2 pumpkins (approximately 8 cups when cut up)
- 2 teaspoons curry powder
- 2 teaspoons garlic powder
- 1 teaspoon onion powder
- 1/4 teaspoon cayenne pepper
- 1 Tablespoon Olive Oil

**Equipment:**
- Knife and chopping board
- Spoon measures – 1, ¼ teaspoon, 1 Tablespoon
- Small bowl
- Large bowl
- Baking tray
- Baking paper
What to do:

• Preheat oven to 180 degrees.
• Cut the pumpkins in half, lengthwise, and remove all seeds.
• Remove pumpkin skins.
• Cut pumpkins into thick strips to resemble French fries
• Combine curry powder, garlic powder, onion powder and cayenne pepper in a small bowl.
• Put the fries in a bowl with the olive oil and add 1 Tablespoon of the savoury mix. Toss by hand until well coated.
• Arrange the fries in a single layer, on a baking tray lined with baking paper
• Bake for 30 minutes or until pumpkin is soft