

Pumpkin and Bean Salad

Season: Winter

Type: Salad

Serves: 36 tastings

From the garden: Pumpkin, cos lettuce & spinach



Equipment:

Small bowl x 2
Large bowl x 1
Wooden spoon x 2
Whisk x 1
Chopping boards and knives
Measuring cups
Measuring spoons
Baking paper
Baking tray x 1
Serving bowl x 5
Serving spoon x 5

Ingredients:

Salad:

½ pumpkin (skin-off, cubed – 1.5cm)
2 tablespoons olive oil
Some salt and pepper

2 tablespoons pumpkin seeds

1 cos lettuce (cut into bite size)
1 cup spinach (cut into bite size)
1 can cannellini beans (rinsed & drained)

Dressing:

3 tablespoons olive oil
3 tablespoons white wine vinegar
1 tablespoon honey
1 teaspoon wholegrain mustard
¼ teaspoon salt
10 grinds pepper

What to do:

1. Heat oven to 180C.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. In a small bowl, mix together pumpkin, oil, salt and pepper.
4. Pour into a lined baking tray, bake for 15 minutes, then sprinkle pumpkin seeds and continue to bake for another 5 minutes. Set aside to cool.
5. Put all the salad ingredients in a large bowl.
6. Mix all the ingredients for dressing together in a small bowl.
7. Add dressing to the salad. Toss well.
8. Serve into 5 large serving bowls with a serving spoon in each.