

Roast Pumpkin Salad



Serves 4



30 minutes



Autumn



Pumpkin

INGREDIENTS:

- 500g pumpkin, peeled and cut into 2 cm cubes
- 1 cup quinoa, rinsed and drained
- 4 handfuls baby spinach
- 1 small red onion, thinly sliced
- ¼ cup pumpkin seeds
- Salt and pepper to taste

DRESSING:

- 1 tbsp Dijon mustard
- 2 tbsp Balsamic vinegar
- 3 tbsp extra virgin olive oil

METHOD:

1. Preheat the oven at 200°C (390°F).
2. To roast the pumpkin: Season the pumpkin pieces with a drizzle of olive oil, salt, and pepper. Spread them on a parchment paper lined baking tray. Roast the pumpkin for 20-25 minutes or until the pieces are tender and golden. Set them aside.
3. To cook the quinoa: In a saucepan combine the rinsed and drained quinoa with 1 ½ cups of water. Bring to a boil over high heat, then reduce the heat and simmer for 15-20 minutes or until the water is absorbed. Fluff the cooked quinoa with a fork and set it aside for cooling.
4. To prepare the dressing: In a small bowl, whisk together the olive oil, balsamic vinegar, Dijon mustard, salt, and pepper. Alternatively, you can shake all ingredients in a jar.
5. Assemble the salad: In a large salad bowl, combine the cooked quinoa, roasted pumpkin pieces, baby spinach, red onion and pumpkin seeds. Drizzle the dressing over the salad and toss gently to coat.
6. Serve the salad and eat immediately.

TIPS:

- *Avoid roasting pumpkin for too long as this can make the pumpkin mushy.*
- *Pumpkin and quinoa should be cooled completely before combining with other ingredients. Adding them while hot can wilt the greens.*

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