

Roast Pumpkin Salad

Makes- 4 salad platters

Time- 30 minutes



Ingredients

Salad leaves
Roast pumpkin
Pumpkin or sunflower seeds
Herbs
Roast chickpeas

Dressing

¼ cup light olive oil
2 tablespoons balsamic vinegar
2 tablespoons honey
½ teaspoon salt
½ teaspoon freshly ground black pepper

Equipment

Knives
Chopping boards
Plate for serving
Tray
Jar

Instructions

Harvest and wash the salad leaves. Create a bed of salad leaves in each bowl.



Roast pumpkin and chickpeas with olive oil and salt and pepper.



Toast seeds in a dry pan.

Arrange pumpkin, chickpeas, seeds and herbs on the salad leaves.



Add dressing ingredients into a jar. Shake.

Pour the dressing over the salad.