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| **Roasted Pumpkin and Quinoa Salad littlebigh.com** |

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| **Makes** | 30 tastes in the classroom | **From the**  **garden:** | Pumpkin, coriander, mint, pomegranate |

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| **Equipment** | **Ingredients** |

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| * Measuring cups and spoons * Non slip mat * Chopping board * Oven tray * Mixing bowl * Large saucepan * Wooden spoon * Frying pan * Serving bowl * 2x cooks knives | **For roasted pumpkin**   * ¼ pumpkin ( about 3 cups, chopped) * 1 red onion * 1teaspoon fennel seeds * 1 teaspoon ground coriander * 2 teaspoons maple syrup * ½ teaspoon ground cumin * 1tablespoon olive oil   **For the salad**   * ½ cup quinoa * 1 large handful mint, finely chopped * 1 large coriander, finely chopped * ½ tablespoon olive oil * ½ lemon juiced * 1teaspoon sumac   **Garnish**   * 2 tablespoons pomegranate seeds * 1tablespoon dry roasted pepitas * 1 tablespoon dry roasted hazelnuts, roughly chopped |

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| **What to do** |

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| 1. Preheat oven to 220 degrees. Cut pumpkin into chunks and place on a lined baking tray with the onion. Add the remaining ingredients and toss to coat. Spread out in a single layer and roast for 25 minutes or until cooked through. Cooking time will vary depending on the size of your pumpkin chunks. Once cooked set aside. 2. Wash the quinoa and add to a small saucepan with ¾ cup of water. Cover and bring to the boil. Once boiling turn the heat to as low as possible and allow to cook for 10 minutes. Once cooked fluff with a fork and add to a large bowl. Set aside and allow to cool slightly. 3. Finely chop the mint and coriander add to the quinoa along with the olive oil, lemon juice, sumac and salt and pepper. Add the pumpkin and toss gently. Add to a serving plate. 4. Garnish with pepitas, pomegranate and hazelnuts. Serve |

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| **Bottom Drawer** | *Did you know?* |