

# Pumpkin, Silverbeet & Feta Couscous Salad

**Season:** Summer/Autumn

**Serves:** 30 tastes in the classroom or 6 at home

**Fresh from the garden:** garlic, lemons, parsley, pumpkin, silverbeet

**Recipe source:** Adapted from a recipe from Mansfield Primary School

**Note:** You can substitute sweet potato for pumpkin if pumpkin is not available.

## Equipment:

metric measuring scales, jug, cups and spoons  
clean tea towel  
chopping board  
cook's knife  
baking tray  
large frying pan  
wooden spoon  
medium saucepan  
bowls – 2 small, 1 large  
heatproof with lid  
zester  
citrus juicer  
fine grater

## Ingredients:

600 g pumpkin, chopped into 1 cm cubes  
1 tbsp olive oil  
1 tsp ground nutmeg  
½ cup sunflower seeds or pepita seeds  
500 ml chicken stock  
2 cups couscous  
1 large handful of silverbeet, finely chopped  
150 g feta cheese, crumbled

## For the dressing:

2 lemons, juiced for ¼ cup lemon juice and zested  
¼ cup olive oil  
2 tsp honey  
2 garlic cloves, peeled and finely chopped  
2 cm knob of ginger, finely grated  
1 small of handful parsley, finely chopped  
salt, to taste  
pepper, to taste

## What to do:

1. Preheat the oven to 200°C.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Place chopped pumpkin on the baking tray, drizzle with oil and sprinkle with nutmeg.
4. Roast for about 20 minutes or until tender.
5. Dry-fry the seeds in a large frying pan. When they start to brown, remove them and set them aside.
6. Heat the chicken stock in the medium saucepan
7. Put the couscous in the large bowl and pour the boiling chicken stock over it.
8. Cover with the lid and let stand for 5 minutes.
9. Stir the shredded silverbeet into the couscous. Cover and stand for another 5 minutes.
10. Crumble the feta into the small bowl.
11. Combine all the dressing ingredients in another small bowl.
12. Add the pumpkin, feta, seeds and dressing to the large bowl with the couscous and toss gently to combine.