



Middle Eastern pumpkin salad with feta

Serves 24 - 30 tastes

Source: sbsfood.com



Ingredients

1/4 jap pumpkin, peeled, deseeded, cut into 2cm pieces
2 tablespoons olive oil
3 teaspoons baharat spice blend

Dressing

2 teaspoons red wine vinegar
2 tablespoons olive oil
3/4 teaspoon pomegranate molasses

For the salad

2 cups baby spinach, washed
1 baby cos lettuce, torn and washed
2 tomatoes
1/2 a red onion, thinly sliced
100g Danish or Persian feta
Seeds from 1/2 a pomegranate
Salt and pepper to taste

Equipment

Measuring cups and spoons
Mixing bowls

Baking tray

Knives
Chopping boards

Salad spinner

Tongs

Serving bowls

What to do:

- Preheat oven to 200°C.
- In a large bowl combine the chopped pumpkin, baharat and 2 tablespoons of olive oil, toss to combine. Season with salt and pepper.
- Spread the pumpkin in a single layer on a tray lined with baking paper
- Place in the oven and bake for 20 minutes – set aside to cool
- Meanwhile make the dressing by combining vinegar, oil and molasses in a small bowl, season with salt and pepper – mix well
- Assemble the salad by washing the lettuce and spinach and drying in a salad spinner, dice the tomato and slice the red onion. Place them in a large bowl and combine. Pour over the dressing and toss gently.
- Divide the salad into serving bowls
- Top with slightly cooled pumpkin, crumble over the feta and decorate with the pomegranate seeds, serve.