

Pumpkin Salad (V GF)

Recipe source: SAKGP Shared Table

Fresh from the garden Pumpkin, silverbeet or spinach, spring onions, limes

<u>Equipment</u>	<u>Ingredients</u>
Large bowls and colander	½ large pumpkin, cut into 2 cm cubes
Small bowls	1 tbsp olive oil
Salad spinner	1 tsp salt
Measuring spoons and cups	¼ tsp ground pepper
Measuring jugs	¼ tsp nutmeg
Chopping boards	1 tsp cinnamon, plus an extra pinch
Vegetable knife	1 tsp powdered ginger
Scissors	½ tsp turmeric
Large fry pan	1 tsp allspice
Wooden spoon, Spatulas	½ cup pepitas (pumpkin seeds)
Baking tray	¼ cup tahini
Small frying pan	1 tbsp honey
Small microwave bowl	¼ cup lime juice (4 limes)
Serving platters	3 large handfuls of silverbeet/spinach
	5 spring onions, finely chopped

What to do

Preheat the oven to 220°C.

Cut skin off pumpkin and cut into 2 cm cubes.

Wash and spin dry silverbeet (or spinach), Remove stems using scissors. Wilt in the microwave and drain on paper towel.

Measure out spices and place in a small bowl.

Wash and cut spring onions finely.

Place the pumpkin in the bowl and add 1 tblsp oil, 1 tsp salt, pepper and spices.

Toss pumpkin well and transfer to a baking tray and bake in the oven for about 20 minutes, until golden.

Heat ½ cup pepitas in the frying pan until they start to become golden. Cool. Squeeze limes and measure out ¼ cup of juice.

In a small bowl, mix the ¼ cup tahini and 1 tblsp honey warm in microwave for 30 secs, until runny.

Add ¼ cup lime juice, plus an extra dash of cinnamon, add 1 tblsp water.

Arrange the spinach leaves on a serving platter and scatter over the pumpkin, pepitas and spring onions.

Pour the tahini dressing over the salad. Serve and ENJOY!