

Pumpkin and chickpea leafy salad

Difficulty: Easy

Type: Side dish/ lunch or dinner

Allergy advice:

Serves: 30 tastes or 4-6 at home

From the garden: Pumpkin, beetroot, salad leaves, garlic

Source: Adapted from SAKG

| <u>Equipment</u> | <u>Ingredients</u> |
|-----------------------------|--|
| Metric scales | 500 grams' pumpkin, peeled and cut into 2cm cubes |
| Chopping boards and mats | 3 medium sized beetroot, peeled and cut into 2cm cubes |
| Cooks knives | 400 g tin chickpeas, drained and rinsed |
| Salad spinner | 2 large handfuls of mixed salad leaves thoroughly washed and dried |
| Citrus juicer | 2 garlic cloves, peeled and finely chopped |
| Large baking dish | 3 Tbsp. olive oil |
| Large mixing bowl | 1-2 Tbsp. lemon juice |
| Mixing spoon | Salt and pepper to taste |
| 4 Serving bowls or platters | |

What to do:

1. Pre-heat the oven to 200 degrees Celsius.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Combine the beetroot, pumpkin, 1 tbsp. olive oil and garlic in the baking dish, season with salt and pepper and back for approx. 20 minutes.
4. Combine chickpeas, remaining olive oil and lemon juice in the large mixing bowl.
5. Check that the beetroot and pumpkin are cooked, and set aside to cool for a few minutes.
6. Add the salad leaves to the chickpeas and toss gently to combine.
7. Now add the cooled pumpkin and beetroot and taste for seasoning.
8. Divide salad into serving platters.

