



Roast Pumpkin, Spinach and Feta Salad

SERVES: 4-5

INGREDIENTS:

Pumpkin:

- 600g pumpkin (after peeling) cut into 3cm cubes
- 1 ½ tbsp olive oil
- Salt and pepper

Dressing:

- 2 ½ tbsp (50ml) extra virgin olive oil
- 2 tbsp balsamic vinegar
- 1 tbsp honey
- Salt and pepper

Salad:

- ¼ cup (35g) pine nuts
- 150g baby spinach leaves
- 60g feta crumbled



METHOD:

1. Preheat oven to 220°C
2. Toss pumpkin with olive oil, salt and pepper. Spread on baking tray, bake for 20 minutes. Remove from oven, flip then bake for further 7-10 minutes until golden but not mushy. Loosen pumpkin with egg flip (it can adhere as it cools), then if serving salad at room temperature, leave to cool.
3. Shake dressing in a jar. Taste and adjust to taste.
4. Toast pine nuts in a dry skillet over medium heat until light golden and it smells nutty. Remove pine nuts from skillet as soon as it is ready.
5. Place Spinach in a bowl. Drizzle with a bit of salad dressing then toss.
6. Add pumpkin, just a bit of feta and pine nuts, then GENTLY BRIEFLY toss just to disperse the feta. (if you toss vigorously, the feta can make it look messy).
7. Transfer to serving plate. Sprinkle over remaining feta and pine nuts. Just before serving, drizzle with remaining dressing (dressing doesn't stay on baby spinach well, so worth drizzling at the end). Serve and enjoy!