

Pumpkin, Spinach & Feta Salad

Bialik College Kitchen Garden Program



Ingredients:

- 800g pumpkin, seeded, peeled & cut into 2cm pieces
- olive oil
- salt/pepper
- ½ teaspoon cinnamon
- 1 red capsicum, diced
- 200g baby spinach leaves
- 3 spring onions, finely sliced
- 1 avocado, peeled and diced
- 100g feta, crumbled
- ¼ cup seeds, toasted for garnish
- Dressing:
 - 1 tablespoon lemon juice
 - 2 tablespoons extra virgin olive oil
 - 2 teaspoons mustard
 - 1 tablespoon honey

Equipment:

- chopping board
- knife
- salad spinner
- metric measuring spoons/cups
- scales
- baking tray lined with baking paper
- jar with lid

Method:

1. Preheat oven to 200C.
2. Toss pumpkin with olive oil, cinnamon and salt/pepper. Spread out onto a lined baking tray and bake for 20 minutes or until tender.
3. Place all salad ingredients into a bowl except for feta & seeds. Gently combine.
4. For salad dressing, place all ingredients into a jar with a lid and shake well.
5. Place salad on a platter, drizzle dressing, top with crumbled feta and toasted seeds.