

Roast Pumpkin, Carrot & Chickpea Salad

Bialik College Kitchen Garden Program

Ingredients:

- 1kg pumpkin, deseeded, peeled & cut into 2cm pieces
- 1 large bunch baby carrots, washed & ends trimmed
- 2 teaspoons ground cumin
- 1 teaspoon paprika
- 3 teaspoons honey
- 400g can chickpeas, rinsed and well drained
- 3 tablespoons extra virgin olive oil
- 1 tablespoon red wine vinegar
- 200g baby spinach leaves
- 4 spring onions, finely chopped
- 2 tablespoons seeds, toasted

Equipment:

- roasting tray
- chopping board
- knife
- metric measuring spoons/cups
- peeler
- whisk
- small bowl
- salad spinner

Method:

1. Preheat oven to 230C. Line tray with baking paper.
2. Place the pumpkin and carrots in a bowl and add the cumin, paprika, honey and 1 tablespoon olive oil. Toss so all vegetable are well coated. Roast for 25-30 minutes, add the chickpeas and roast for a further 5-8 minutes until pumpkin is golden. Remove from heat and set aside.
3. Make the dressing: whisk olive oil, vinegar and salt/pepper together .
4. Place the pumpkin/carrots, spinach and spring onions in a bowl, pour over the dressing and toss gently to combine.
5. Serve with toasted seeds sprinkled over the top.

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