

Moroccan Spiced Roasted Pumpkin and Quinoa Salad

Bialik College Kitchen Garden Program



Bialik College

Ingredients:

- 1 kg pumpkin, skin removed and cut into 2.5cm cubes
- 2 cups (400g) Quinoa
- 2 tablespoons olive oil
- ½ teaspoon ground cumin
- ½ teaspoon ground turmeric
- ½ teaspoon ground cinnamon
- 1 red onion, sliced
- 1 cup baby spinach or rocket leaves
- ½ cup chopped parsley or coriander
- Dressing:**
- ½ lemon juiced
- ¼ cup olive oil
- Salt/pepper, to taste
- Garnish:**
- ¼ cup Pumpkin & sunflower seeds, toasted
- Feta, crumbled to serve

Equipment:

- Metric measuring cups and spoons
- Chopping board
- Cook's knife
- Mixing bowls
- Medium saucepan
- Baking tray
- Baking paper
- Citrus juicer
- Small frypan
- Large bowl or platter for serving

Method:

1. Prepare ingredients as listed above.
2. Preheat oven to 200C.
3. Soak the quinoa in a medium saucepan with 3 cups (750mL) water for 15 minutes.
4. Place the pumpkin cubes in a mixing bowl, drizzle with 2 tablespoons of olive oil and sprinkle with spices. Lightly toss to coat evenly.
5. Place marinated pumpkin onto lined baking tray and roast for 15 minutes. Add slices of red onion to pumpkin on tray and roast for a further 10-15 minutes.
6. After 15 minutes of soaking, place the saucepan of quinoa over high heat and bring to the boil. Reduce heat to low and cook, covered for 15 minutes or until all water is absorbed. Set aside.
7. Combine the dressing ingredients in a small mixing bowl or jug whisked to combine.
8. Place cooked quinoa, roasted pumpkin, onion, spinach/rocket leaves and chopped parsley/coriander in a large bowl. Drizzle with dressing and gently toss to combine. Garnish with toasted seeds and crumbled feta to serve.