



Roasted Pumpkin and Chickpea Salad (HS)

Serving: 1

Veg

Ingredients

- 100g Pumpkin peeled deseeded cut into 1cm pieces
- 50g Chickpeas cooked tossed in 1 tsp olive oil
- Half red Onion finely sliced
- 2 tsp virgin Olive oil
- pinch of roasted Cumin powder
- pinch of smoked sweet Paprika
- pinch of roasted Red chili flakes
- pinch Sea salt
- Few drops of lime
- fresh coconut shaving
- 1 tsp of fresh Coriander chopped

Preparation Method

- 1. Preheat your oven at 180C.
- 2. In a bowl combine pumpkin and onion with spices and olive oil. Add this to baking tray and bake for 30 mins or till pumpkin is cooked and onions turn light brown at the edges. Stir once in between.
- 3. Add in chickpeas and bake for 5 mins more.
- 4. Remove from oven and sprinkle lime juice and fresh coriander. Adjust seasoning accordingly
- 5. Garnish with fresh coconut shavings, drizzle EVOO and serve with freshly baked wholegrain bread of your choice.