



Roasted Pumpkin spinach salad (HS)

Serving: 1

Veg

Ingredients

- Pumpkin - 150 grms cut it in to cubes
- Olive oil - 2 tsp
- salt to taste
- black pepper to taste
- Dressing : vinegar - 1 tsp Olive oil - 1/2 tsp Honey - 1 tsp salt and pepper to taste
- Pine nuts - 1 tsp
- Baby spinach - 10-12 leaves
- Feta cheese - 1 tsp

Preparation Method

- Preheat oven to 220C/430F (standard)
- Toss pumpkin with olive oil, salt and pepper. Spread on baking tray, bake for 20 minutes. Remove from oven, flip, then bake for a further 7 - 10 minutes until golden but not mushy..
- Shake Dressing in a jar. Taste and adjust to taste
- 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's ready.
- Place Spinach in a bowl. Drizzle with a bit of dressing then toss.
- Add pumpkin, just a bit of feta and pine nuts, then gently briefly toss just to disperse the feta.
- Transfer to serving plate. Sprinkle over remaining feta and pine nuts. Just before serving, drizzle with remaining dressing
- Serve.