

Summer caramelised pumpkin, rocket and goats cheese salad.

Ingredients

- ½ Kent pumpkin, seeded, cut into wedges
- ½ tsp ground paprika
- ¼ cup sage leaves
- ½ cup (50g) walnuts, toasted, chopped.
- ¼ cu [(50g) pepitas (pumpkin seeds) toasted
- 60g pkt baby rocket
- 100g goats cheese, crumbled
- 2 tbsp honey
- 1 tbsp extra virgin olive oil



HEAL

HEALTHY EASY ACCESSIBLE LOCAL

FOODS

Method

Step 1 – Preheat oven to 200C. Line a large baking tray with baking paper. Arrange the pumpkin in a single layer over the prepared tray. Spray with olive oil spray. Sprinkle with the paprika. Season.

Step 2 – Roast the pumpkin, turning occasionally, for 20-25 mins or until just tender. Sprinkle with sage leaves and roast for a further 5 mins or until the sage is crisp and pumpkin is tender.

Step 3 – Transfer the pumpkin mixture to a serving platter with the walnut, pepitas, rocket and goats cheese. Combine the honey and oil in a small jug. Drizzle over pumpkin mixture. Serve immediately.