

Roasted Pumpkin and Pine Nut Salad

Serves: 1

Prep time: 10 Minutes

Cooking time: 20 Minutes

Ingredients:

- ½ cup pumpkin, cut into chunks
- ½ cup sweet potato, cut into chunks
- ½ small potato, cut into chunks
- 1 small fresh beetroot, cut into chunks
- 4-6 sun dried tomatoes, cut in half
- 2 tablespoons of feta cheese, cut into chunks
- 2 tablespoons pine nuts
- ¾ cup baby spinach, water crest or rocket
- 1 tablespoon of the sun dried tomatoes oil
- ½ teaspoon seeded mustard
- salt and pepper



*Quick-Easy-Delicious Salad
perfect addition to any BBQ*

Method:

Preheat oven 180°

- Spread the vegetables (except the spinach and sun dried tomatoes), over a roasting tray and roast in oven for 10 minutes
- Add the pine nuts to the tray and roast for another 5-10 minutes, till vegetables are just done
- Remove from oven and cool
- Spread spinach water crest or rocket over the base of serving plate
- Top with the vegetables, pine nuts, sun dried tomatoes and feta cheese
- Mix the mustard and the oil together
- Drizzle the oil over all the salad
- Season to taste

Note: *This recipe is my daughter Kim's, its the dish she likes to take when asked to bring a plate*