

Pumpkin and beetroot salad

Preparation time

20 minutes

Cooking time

30-40 minutes

Serves

7

Recipe courtesy of

Dietitians Australia Victorian Engagement and Development Committee



Ingredients

Method

Nutrition

750g butternut pumpkin

4 beetroots (fresh), peeled

1 red onion

120g spinach leaves

150g feta cheese

3 tbsp pine nuts

2 tbsp sunflower seeds

2 tbsp pepita seeds

Optional: 1 can chickpeas, drained and the seeds of 1 pomegranate (included in nutrition information panel)

DRESSING

2 tbsp olive oil

2 tbsp balsamic vinegar

1 tbsp honey

1. Remove skin and chop pumpkin and beetroot into cubes. Slice onion into wedges. Place these on a baking tray and drizzle with olive oil. Roast at 200°C for about 30-40 minutes or until soft and golden.
2. Whilst the roast vegetables are cooling, toast nuts and seeds in a fry pan until golden.
3. To a salad bowl add spinach leaves, nuts, seeds, cubes of feta, roasted beetroot, pumpkin and onion. If using chickpeas and pomegranate add these now too.
4. Combine ingredients for dressing. Just before serving pour over dressing and toss salad.

Nutritional information is provided per serve

Energy 1487 kJ (355 calories)

Protein 15g

Saturated Fat 3.6g

Total Fat 16g

Carbohydrates 29g

Sugars 20g

Dietary Fibre 11g

Sodium 426mg