

warm pumpkin, spinach, pancetta & bocconcini salad



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Ingredients:

10 thin slices pancetta
1/3 cup olive oil
1/2 cup chopped walnuts
1 kg butternut pumpkin,
deseeded and cut into
2cm cubes
2 tbs lemon juice
salt and ground black pepper
100g baby spinach leaves
180g tub baby bocconcini*,
drained and halved
crusty bread, to serve

*Bocconcini are small balls of fresh mozzarella cheese available from delis and large supermarkets (in the refrigerated cheese section).

HEALTH BENEFITS:

Butternut pumpkin

- Like other orange-fleshed vegetables, butternut pumpkin is a good source of beta carotene, which the body converts to vitamin A and many related carotenoids which help protect body tissues from breakdown.
- A source of niacin (vitamin B3) which is essential in reactions to provide energy.

Method:

1. Heat a large non-stick frying pan over medium-high heat. Add pancetta and fry for 2–3 minutes on each side or until crisp. Transfer to a plate lined with paper towel and set aside to cool.
2. Add 1 tsp oil to pan and heat over medium heat. Add walnuts and cook, stirring often, for 2 minutes or until golden. Transfer to a board, roughly chop and set aside.
3. Add 1 tbs oil to pan and heat over medium-high heat. Add pumpkin and cook, stirring occasionally, for 10–12 minutes or until pumpkin is tender. Remove pumpkin from heat and set aside to cool slightly.
4. Meanwhile, combine remaining oil, lemon juice and salt and pepper to taste in a screw-top jar. Shake until well combined.

5. Place spinach leaves, pumpkin, pancetta, walnuts and bocconcini in a large mixing bowl. Season with salt and pepper to taste. Drizzle lemon dressing over salad and toss gently to combine. Spoon onto serving plates and serve with crusty bread.

Serves: 4

Preparation: 15 minutes

Cooking: 16 minutes