



BUTTERNUT PUMPKIN, SPINACH & POMEGRANATE RICE SALAD



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Preparation 15 mins | Cooking 40 mins | Serves 4-6

- 1 kg butternut pumpkin, peeled, deseeded and cut into 2-3cm pieces
- Olive oil spray
- 450g packet 2 ½ minute brown rice
- 2 green onions (shallots), trimmed and thinly sliced
- 50g baby spinach leaves
- 100g Belgian feta cheese, crumbled
- 1 tbs extra virgin olive oil
- 1 tbs lemon juice
- ½ small pomegranate, seeds removed

STEP 1 Preheat oven to 200°C fan-forced. Place pumpkin onto a baking tray lined with baking paper. Liberally spray with oil and toss to coat. Roast pumpkin, tossing once, for 30 minutes or until just charred at the edges. Set aside to cool.

STEP 2 Meanwhile, microwave rice following packet directions. Set aside to cool.

STEP 3 Place rice into a large bowl. Add cooled pumpkin, green onions, baby spinach and feta.. Drizzle with oil and lemon juice. Gently toss to combine. Sprinkle with pomegranate seeds and serve.

Good for you... *PUMPKIN*

Provides beta carotene, converted to vitamin A in the body and needed for normal vision. The deeper the colour, the higher the content of beta carotene. A source of vitamin C, which contributes to the normal functioning of the body's immune system.



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