

Jap pumpkin, rocket & pomegranate quinoa salad



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Preparation 20 mins | Cooking 45 mins | Serves 4

800g Jap pumpkin, deseeded and roughly chopped
1 red onion, cut into thin wedges
Olive oil cooking spray
¾ cup white grain quinoa, rinsed and drained
½ cup flat-leaf parsley leaves, chopped
40g baby rocket leaves
1 tbs lemon juice
100g Greek feta cheese, crumbled
½ small pomegranate, seeds removed
2 tbs extra virgin olive oil

STEP 1 Preheat oven to 220°C/200°C fan-forced. Place pumpkin and red onion on a large baking tray lined with baking paper. Spray with oil and season with salt and pepper. Roast, turning once, for 25-30 minutes until tender. Set aside to cool slightly.

STEP 2 Meanwhile, place quinoa and 1½ cups cold water in a medium saucepan. Cover and bring to the boil over medium-high heat. Reduce heat and simmer, uncovered, for 10-12 minutes until water is absorbed. Transfer to a large bowl and set aside to cool.

STEP 3 Add warm pumpkin, parsley, rocket and lemon juice to quinoa. Gently toss to combine. Spoon onto a serving platter. Sprinkle with feta and pomegranate seeds. Drizzle with extra virgin olive oil and serve.

Good for you... **JAP 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. Provides folate, a B vitamin that is necessary for formation of normal blood cells.

