

# Pumpkin, pomegranate & chickpea tabouli salad



## Pumpkin, pomegranate & chickpea tabouli salad

Preparation: about 30 minutes

Cooking: about 35 minutes

Serves: 6 as a side dish

- 1 cup cracked wheat (burghal)
- 750g butternut pumpkin, peeled and cut into 3–4cm pieces
- 2 garlic cloves, finely chopped
- Olive oil cooking spray
- 1 tsp ground cumin
- Salt and ground black pepper
- 4 cups flat-leaf parsley leaves (about 2 bunches)
- ½ cup mint leaves, roughly chopped
- 4 green onions (shallots), thinly sliced
- 50g toasted pine nuts
- 400g can chickpeas, rinsed and drained
- ⅓ cup lemon juice
- ⅓ cup extra virgin olive oil
- ½ small pomegranate, halved and seeds removed



### Butternut pumpkin

- A good source of beta carotene, which the body converts to vitamin A. The deeper the colour, the higher the content of beta carotene.
- Provides potassium, which helps balance adverse effects of consuming salt.
- A source of vitamin C and dietary fibre.

1. Preheat oven to 200°C/180°C fan-forced. Place cracked wheat into a heatproof bowl. Pour over 1 cup boiling water to cover. Stand for 30 minutes.
2. Meanwhile, spray pumpkin and garlic with oil and sprinkle with cumin. Season with salt and pepper. Place on a large baking tray lined with non-stick baking paper. Bake for 25–30 minutes until crisp at the edges and tender. Remove from oven. Set aside to cool.
3. Place cracked wheat, parsley, mint, green onions, pine nuts and chickpeas into a large bowl. Drizzle with lemon juice and oil. Season with salt and pepper to taste. Gently toss to combine. Spoon into a serving bowl, sprinkle with pomegranate seeds and serve.

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