

Roast jap pumpkin salad with soy dressing



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Preparation: about 30 minutes
Cooking: about 35 minutes
Serves: 6 as a side dish

This salad is great served with lamb, chicken or fish.

1 kg Jap pumpkin, cut into 5cm thick wedges, seeds removed
Olive oil cooking spray
Salt and ground black pepper
75g mizuma or baby Asian salad leaves
2 green onions (shallots), trimmed and thinly sliced
2 tbs salad seed mix*

Soy dressing

¼ cup grape seed or rice bran oil
2 tbs mirin
1 ½ tbs salt-reduced soy sauce
Salt and ground black pepper

* *Salad seed mix is a nutritious packaged mix of pumpkin, sunflower and sesame seeds sold in most greengrocers.*

1. Preheat oven to 200°C/180°C fan-forced. Line the base of a large baking pan with baking paper. Arrange pumpkin skin-side down in pan. Liberally spray pumpkin with oil and season with salt and pepper. Roast, turning once, for 25-30 minutes until pumpkin is crisp at the edges and tender. Remove from oven. Set aside to cool slightly.
2. To make soy dressing, combine all ingredients in a screw-top jar. Set aside.
3. To serve, arrange pumpkin and mizuma or salad greens on a serving platter. Shake soy dressing until well combined and drizzle over salad. Sprinkle with green onions and salad seed mix and serve.



Jap pumpkin

- Like other orange-fleshed vegetables, butternut pumpkin is a good source of beta carotene, which the body converts to vitamin A.
- Also provides many related carotenoids which help keep body tissues healthy.