

# Roast pumpkin, chickpea, rice & barley salad



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Preparation 20 mins | Cooking 25 mins | Serves 4

750g butternut pumpkin, peeled and roughly chopped  
1 tbs olive oil  
1 tbs maple syrup  
1 cup rice & barley blend  
400g chickpeas, drained and rinsed  
40g baby spinach leaves  
75g feta cheese, crumbled  
2 tbs sunflower & pumpkin seed mix

**STEP 1** Preheat oven to 200°C/180°C fan-forced. Place pumpkin into a large bowl, drizzle with oil and maple syrup and season with salt and pepper. Toss to evenly coat pumpkin. Transfer to a large baking tray lined with baking paper. Roast, turning once, for 25-30 minutes until tender. Set aside to cool slightly.

**STEP 2** Meanwhile, rinse rice & barley and cook following packet directions. Transfer to a large bowl and set aside to cool.

**STEP 3** Add pumpkin, chickpeas, spinach and feta to rice & barley. Season with salt and pepper to taste. Gently toss to combine. Sprinkle with seed mix and serve.

## Good for you... **BUTTERNUT 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.*

