

Harvest Salad

Serves: 4

Prep time: 20 minutes

Cook time: 30 minutes



3 serves per portion

Ingredients

1 cup brown rice & quinoa mix
1 tablespoon extra virgin olive oil
100g pancetta
½ butternut or kent pumpkin, cubed
2 apples, cut into matchsticks
½ cup spring onions, chopped
½ cup cup feta, salt reduced
4 cups spinach

Dressing:

2 tablespoons extra virgin olive oil
2 tablespoons balsamic vinegar
½ teaspoon honey

Method

PREAHEAT oven to 200°C.

DRIZZLE extra virgin olive oil onto diced pumpkin on large baking tray. Roast in oven for 30 minutes or until tender.

DRY FRY pancetta in small fry pan until crispy, set aside.

COMBINE all ingredients into large bowl. Drizzle with honey balsamic dressing to taste.



Everyday Food

Recipe courtesy of the Country Kitchens team