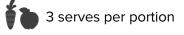
# Harvest Salad

Serves: 4 Prep time: 20 minutes Cook time: 30 minutes



#### Ingredients

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



Everyday Food

#### 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.

## Recipe courtesy of the Country Kitchens team

