

Spinach and Pumpkin Salad

Serves: 6

Prep time: 15 minutes

Cook time: 40 minutes



2 serves per portion

Ingredients

1/3 medium pumpkin, cut into 2cm pieces
1 tablespoon extra virgin olive oil
1 cup sunflower seeds and pumpkin seeds
1 tablespoon soy sauce, salt reduced
6 cups baby spinach
1 cup cherry tomatoes, halved
100g feta, cut into 1 cm pieces

Method

PREHEAT oven to 200°C. Line baking dish with baking paper.

DRIZZLE pumpkin with oil and bake in oven for 30 minutes or until golden. Allow to cool.

HEAT frypan over medium heat and dry roast seeds for approximately 10 minutes until golden.

SPRINKLE soy sauce over seeds while hot and stir well. Set aside to cool.

ASSEMBLE baby spinach, cherry tomatoes and pumpkin on a serving dish. Sprinkle over feta and seeds.



Everyday Food

Recipe courtesy of the Country Kitchens team