PANTRY RECIPE

FareShare Midlands

ROAST PUMPKIN SALAD

4-6 PORTIONS

Ingredients

- 1 medium pumpkin
- 100g cherry tomatoes
- 150g spinach
- Pomegranate dressing
- Salt
- Black pepper
- Oil

Method

1. Preheat the oven to 180°c.
2. Thoroughly wash the pumpkin and slice off the stem. Slice the pumpkin in half and remove the seeds with a table spoon.
3. Cut the pumpkins into slices about 1cm thick. Place onto baking trays and coat in the pomegranate dressing. Add a sprinkle of salt and mix through thoroughly.
4. On a separate baking tray, toss the cherry tomatoes in oil, salt and pepper.
5. Roast the pumpkins and tomatoes for about 20 minutes. If either of them feel too hard, then continue for up to another 10. When done, take out of the oven and allow to cool.
6. Whilst roasting, wash and very finely slice the spinach. Place into a gastro, and toss in the cooled tomatoes and pumpkins. Add in any excess pomegranate dressing from the pumpkin trays and thoroughly mix though.
7. Add any salt or pepper to taste.

Serving suggestion

You can serve this salad either warm or cold. With the excess pumpkin seeds you, toast roast them in the oven and sprinkle on top for some texture and to reduce waste.

Either add a protein of your choice (like roast chicken) or serve alongside your favourite dish.