

Moroccan Pumpkin Salad

Prep+Cook Times: 25 mins | Flexibility Rating: ★★☆☆☆

Ingredients:

- ½ Lg. Pumpkin, Jap variety is preferred
- 1 tsp Cinnamon
- 1 tsp Paprika
- ½ tsp Chili powder (optional)
- 2 Tbsp Coconut Oil
- ¾ C Quinoa, white preferred here
- ¼ C Amaranth, optional but delightful
- 2 Lg handfuls of Rocket or thinly sliced Kale
- ¼ C Pumpkin seeds/Pepitas, roasted
- 1 C Chopped Flat leaf parsley, Fresh mint, or Coriander
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Coconut Cumin Dressing:

- 1 C Coconut yogurt, plain and thick as possible
- 2 Tbsp Lemon juice
- 2 tsp Cumin
- 1 tsp Salt
- taste Pepper

Instructions:

1. Pre-heat the oven to 200 degrees Celsius.
2. Start by cutting up the pumpkin, either peeled or un-peeled, into large bite-sized pieces.
3. Place them on a baking tray and drizzle coconut oil over, tossing to roughly cover the pumpkin.
4. Sprinkle the cinnamon, paprika, and optional chili spice over and bake for approximately 15-20min depending on desired softness. When tossing in a salad it is best to have them slightly on the firm side.
5. Rinse the quinoa and amaranth and place them in a saucepan with 1 ¼ Cups of water. Bring to a boil and once boiling, turn it down to the lowest setting, with the lid on, and let simmer for approximately 15-20min.
6. Prepare the Greens and seeds. Option to add the seeds onto the baking tray in the oven with the pumpkin as well, or have them raw.
7. Mix up all ingredients for the dressing in either a bowl or jar.
8. The salad could be served warm or cold. Just bear in mind that the greens will wilt if tossed in too early before serving warm. The dressing will be thickest if cold.
9. For best presentation, toss all salad ingredients together, then drizzle the white dressing over.

Notes/Tips:

- Garlic is an optional addition to the dressing, roasted garlic is even nicer - roast along with the pumpkin to save time.
- This salad is nice with prawns and extra lemon in the dressing too.
- The Flexibility rating is based on: ★= recommended not to change the recipe, up to ★★★★★= all reasonable substitutions or additions should still produce a yummy result - full creative license!



Ashley Jubinville
KITCHEN COACH