



Pumpkin Salad

Season: Summer/Autumn

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: pumpkin, spring onions, spinach

Equipment:

metric measuring cup and spoons
clean tea towel
chopping board
cook's knife
salad spinner
large mixing bowl
baking tray
small frying pan
small saucepan
wooden spoon
serving platters

Ingredients:

½ large pumpkin, cut into 2 cm cubes
1 tbsp olive oil
1 tsp salt
¼ tsp ground pepper
¼ tsp nutmeg
1 tsp cinnamon, plus an extra dash for the yoghurt
1 tsp powdered ginger
½ tsp turmeric
1 tsp allspice
½ cup pepitas (pumpkin seeds)
¼ cup tahini
1 tbsp rice malt syrup or honey
¼ cup yoghurt
3 large handfuls of spinach, washed and spun
5 spring onions, finely chopped



What to do:

1. Preheat the oven to 220°C.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Place the pumpkin in the bowl and add the oil, salt, pepper and spices.
4. Toss and transfer to a baking tray and bake in the oven for about 20 minutes, until golden.
5. Heat the pepitas in the frying pan until they start to become golden, then set them aside to cool.
6. In the small saucepan, mix the tahini and malt syrup over low heat until runny.
7. Add the yoghurt, plus an extra dash of cinnamon, and thin with a splash of water if necessary.
8. Arrange the spinach leaves on a serving platter and scatter over the pumpkin, pepitas and spring onions.
9. Pour the tahini dressing over the salad and serve.

