

Roasted Pumpkin, Sage and Couscous Salad

| Equipment | Ingredients |
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| Chopping board Sharp knife Baking dish Medium sized bowl Measuring cups and spoons Small saucepan Large bowl | 500 g pumpkin, peeled and seeded 3 tbsp. olive oil 1 cup couscous 1 tbsp. butter 1 cup sugar snap peas ¼ cup sage, chopped ¼ cup vinaigrette dressing ½ cup yoghurt 1 tsp honey 1 tsp ground cumin |

What to do:

1. Place pumpkin in a baking dish and toss with olive oil. Bake at 200°C for about 30 minutes or until cooked.
2. Place couscous in a medium-sized bowl and pour over 1 and ¼ cups of boiling water. Add butter, stir, cover and rest for 5 minutes or until water is absorbed.
3. Blanch sugar snap peas in boiling water then refresh under cold water and drain. Combine couscous, pumpkin, peas and sage leaves in a large bowl.
4. Combine vinaigrette dressing with yogurt, honey and ground cumin in a small bowl and mix well. Pour over pumpkin salad and serve.