

## Roasted Pumpkin and Rocket Salad

<p><b>Equipment:</b></p> <p>Baking tray lined with baking paper Chopping board Large knife Medium mixing bowl Large mixing bowl Frying pan Tongs or salad servers Serving bowls (1 per table)</p>	<p><b>Ingredients:</b></p> <p>½ Butternut pumpkin, chopped into small cubes 1 large packet of spinach/rocket mix (or enough to fill 1 large bowl picked fresh from the garden) ½ packet of pine nuts or pepitas (toasted) ½ cup roasted capsicum strips (home made or jarred) 1 block of Fetta cheese or marinated Fetta ¼ cup olive oil Salt and pepper ½ Lemon</p>
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### What to do:

- Preheat the oven to 200°.
- Remove the peel and seeds from the pumpkin and chop into small cubes (about 1-2cm square).
- In the medium mixing bowl, toss to coat the pumpkin pieces with 1-2 tablespoons of olive oil.
- Spread the pumpkin pieces out in a single layer on the baking tray and cook for 15-20 minutes until the pumpkin pieces are roasted and cooked through. Allow to cool before adding to salad ingredients.
- Meanwhile, lightly toast the pepitas or pine nuts using a frying pan over a low flame, until they are just golden and fragrant (smelling slightly nutty). Remove from heat and set aside to cool.
- Wash the salad leaves and dry in a salad spinner. Transfer the dry leaves to a large mixing bowl.
- Add the capsicum strips to the salad leaves. You can use a little of the marinade as dressing.
- Crumble the Feta over the salad leaves, and squeeze over the juice of ½ lemon.
- When cool, add the pine nuts and roasted pumpkin.
- Toss all ingredients together to combine, and season with salt and cracked pepper.
- Divide the salad into serving bowls (1 per table) and provide tongs or salad servers with each bowl.