Wattleseed-rubbed pumpkin with lentils & beetroot

Ingredients: (Serves 4)
2 medium-sized beetroot
1 tablespoon olive oil, plus 1 tablespoon extra
½ cup lentils
2 tablespoons wattleseed
1 tablespoon sumac
½ Kent pumpkin, cut into wedges
4 spring onions, thinly sliced
½ bunch of flat leaf parsley, leaves picked
½ bunch of karkalla, leaves picked
2 tablespoons roasted almonds, roughly chopped
2 ruby grapefruit, cut into segments
2 tablespoons apple cider vinegar
40g feta, crumbled

Method:

1. Preheat oven to 180°C (fan-forced). Wrap beetroot individually tightly in alfoil, place on a tray and transfer to the oven for 60-70 minutes or until beetroot are tender when pierced with a knife. Wearing gloves, unwrap beetroot and pull the skin off. It should remove easily. Roughly chop, transfer to the bowl of a food processor and blend with one tablespoon olive oil and salt until smooth.

2. Place lentils and about two cups of water in a saucepan. Bring to the boil, turn down heat and simmer for 12-15 minutes or until tender. Drain well.

3. Heat a heavy based pan over high heat with remaining olive oil. Cook pumpkin for 3-4 minutes on each side or until starting to colour and soften. Remove from pan and rub wattleseed and sumac over the pumpkin. Allow to sit for a few minutes.

4. Combine spring onions, parsley, karkalla, almonds, grapefruit, vinegar and lentils. Divide beetroot puree and lentil salad between plates, top with pumpkin and crumble over feta to serve.