Grilled pumpkin salad

Nutrition Australia



Ingredients:

Serves 4

- 400g pumpkin, skin on
- 1 tablespoon extra virgin olive oil
- 100g feta
- ½ red onion
- 2 cups mixed lettuce leaves
- 1/4 cup chopped nuts

Dressing:

- 3 tablespoons extra virgin olive oil
- 1 tablespoon red wine vinegar

Option:
Add a small tin of drained diced beetroot to the finished salad



1 Heat

Heat the BBQ.



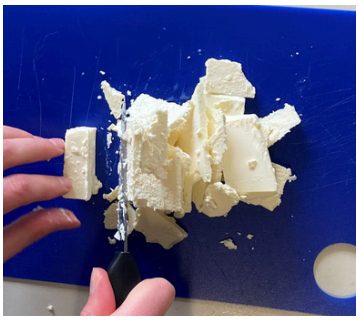
2 Chop

Peel and chop the pumpkin into 2cm cubes or thin slices. Coat with olive oil.



3 Cook

Cook the pumpkin on the BBQ until soft and golden.



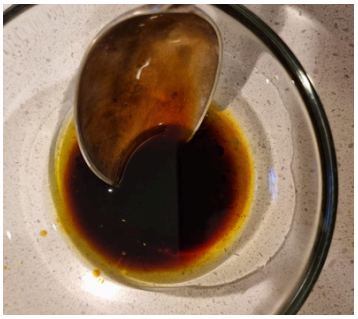
4 Cut

Roughly cut the feta into small pieces.



5 Slice

Finely slice the red onion.



6 Combine

In a small bowl, combine the dressing ingredients - olive oil and red wine vinegar.



7 Simmer

Add the mixed lettuce leaves and sliced red onion to a large salad bowl. Add the dressing and toss through.



8 Add

Place cooled pumpkin, feta pieces and chopped nuts on top of the salad. Serve.

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Ingredients



400g pumpkin



3 tablespoons olive oil, separated



100g feta



½ red onion



2 cups mixed salad leaves



1/4 cup chopped nuts



1 tablespoon red wine vinegar

Equipment



Chopping board



Knife



Large frying pan or BBQ



Tongs



Small bowl



Salad bowl



Measuring spoons



Measuring cups

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