

WARM SPINACH & ROCKET SALAD WITH PUMPKIN & HAZELNUTS

The earthy taste of spinach and the peppery warmth of rocket combine for an ideal winter meal creation.

NORMAL	10 MINS	12-15 MINS	4

Ingredients

- 150g Houston's Farm Baby Spinach & Rocket
- 1 ½ cups peeled and cubed pumpkin (or sweet potato)
- 1/3 cup hazelnuts, roasted and roughly chopped (or walnuts)
- 1-2 tsp olive oil
- ¼ tsp ground cumin
- ¼ tsp sea salt

Dressing

- 1 small garlic clove, crushed with a pinch of salt
- 1 1/2 tbsp virgin olive oil
- 1 tbsp lemon juice
- 1 tbsp balsamic vinegar
- Black pepper to taste

Instructions

1. Pre-heat oven to 200°C.
2. Toss cubed pumpkin with oil, cumin and salt in a bowl.
3. Spread on an oiled oven tray and bake for 12-15 mins. Place in small bowl.
4. In a large bowl, mix Baby Spinach and Rocket with hazelnuts.
5. Make the dressing in a small pan:
6. Heat oil, add garlic/salt, stir briefly (don't burn the garlic).
7. Add balsamic vinegar and lemon juice and stir.
8. Remove from heat and add black pepper.
9. Pour dressing over pumpkin and toss gently.
10. Fold pumpkin/dressing through the leaf/nut mixture. Top with hazelnuts.
11. Serve with roasted or grilled chicken.