

Roasted Chickpea and Pumpkin Salad

Serves: 6

Prep time: 20 minutes

Cook time: 50 minutes



2 serves per portion

Ingredients

1 small butternut pumpkin, peeled, cut into 3cm pieces

2 small red onions, cut into wedges

6 baby beetroots, washed and halved

½ cup walnuts, roughly chopped

1 avocado, peeled and cubed

½ lemon, juiced

2 tablespoons extra virgin olive oil

3 spring onions, finely chopped

Pinch black pepper

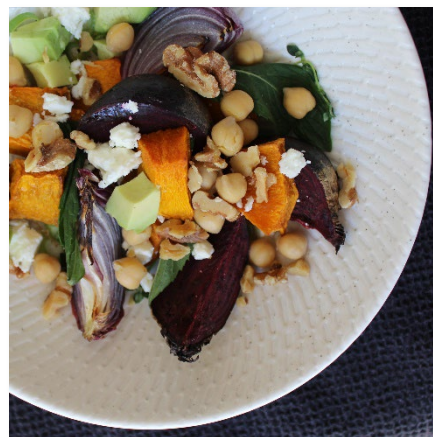
1 teaspoon dried oregano

400g can chickpeas, drained

100g reduced fat feta cheese, crumbled

Balsamic vinegar, to drizzle

½ cup fresh mint leaves



Everyday Food

Method

PREHEAT oven to 180°C.

PLACE pumpkin, onion and beetroot onto a baking tray and drizzle with a little olive oil.

BAKE for 50 minutes and allow to cool.

TOAST walnuts in a pan on medium heat for 5 minutes.

COMBINE avocado, lemon juice, olive oil, spring onions, pepper and oregano in a large bowl and toss to coat the avocado pieces.

ADD the baked vegetables, chickpeas and walnuts to the avocado. Toss to combine.

GARNISH the salad with crumbled feta, a drizzle of balsamic vinegar, and mint leaves.

Recipe courtesy of the Country Kitchens team