

Pumpkin & Chickpea Salad

Ingredients:

For the salad:

- ❖ ½ a medium pumpkin, peeled and cut into large cubes
- ❖ olive oil
- ❖ 1 cup chickpeas
- ❖ 2 tbsp. finely shredded fresh mint

For the dressing:

- ❖ ½ cup sundried tomatoes
- ❖ 3tbsp red wine vinegar
- ❖ 3 cloves garlic
- ❖ 1 tbsp. balsamic vinegar
- ❖ ½ cup extra virgin olive oil
- ❖ 1tsp. sugar
- ❖ Salt and pepper

Serves 6



Method:

Preheat oven to 190°C. Toss pumpkin cubes lightly in olive oil and place into a roasting pan. Roast for 40 minutes or until tender and lightly caramelized. Allow to cool. Next drain the chickpeas and rinse with water. Combine pumpkin and chickpeas in a bowl.

To make the dressing: heat red wine vinegar, balsamic vinegar and sundried tomatoes together in a pan. Allow sundried tomatoes to soak in hot vinegar to soften. Place all dressing ingredients into a food processor and combine.

Toss pumpkin and chickpeas in dressing and place on serving platter. Sprinkle with shredded mint.