

Ginger Roasted Pumpkin Quinoa Salad



PREP
20 MINS



COOK
40 MINS



SERVING
1

INGREDIENTS

- 500g / Pumpkin
- 1/2 tablespoon / Ginger, fresh grated
- 1 clove / Garlic, finely chopped
- 1 tablespoon / Ghee or coconut oil
- 1 teaspoon / Pure maple syrup
- Handful / Coriander (cilantro) roots and stems finely chopped (optional)
- 1/2 cup / Quinoa
- 3/4 cup / Water
- Juice of 1 lemon
- Handful / of each; fresh mint and coriander leaves
- 1 tablespoon / Pumpkin (pepita) seeds, toasted
- Salt and pepper

METHOD

1. Pre-heat oven to 200C/400F. Peel pumpkin, remove the seeds and cut into even chunks approximately 2-3cm wide. Combine pumpkin with ginger, garlic, ghee or coconut oil, maple syrup and coriander roots and stems. Season with salt and pepper.
2. Combine well before turning out onto a large oven tray. Bake for 25-30 minutes, turning once or twice until the pumpkin is lovely and golden and soft right through. Remove from oven and set aside to cool slightly.
3. Meanwhile, place quinoa into a fine-mesh sieve and rinse well. Bring the water to the boil in a small saucepan before adding the quinoa, covering with a lid and reducing the heat down to a gentle simmer. Cook for 10-12 minutes until the water has been absorbed and the quinoa is tender. Remove from heat, leave the lid on and set aside to steam for a further 5 minutes before fluffing up with a fork.
4. When both the pumpkin and quinoa are cooked, combine the two in a large bowl, making sure you scrape any lovely bits of ginger and oil from the bottom of the roasting tray into the bowl too.
5. Squeeze over the lemon, stir through the herbs, season with more salt and pepper if desired and scatter over the pumpkin seeds to serve.



Use coconut oil