Mr Thomas’ Group
Pumpkin and Quinoa Salad

Season: Summer
Type: Salad
Difficulty: Easy
Serves: 6 or 20 tastes

Fresh from the garden: butternut pumpkin, coriander
Recipe source: taste.com

Equipment:
Knives
Chopping board
Bowl
Tablespoon
½ teaspoon measure
½ cup measure
Teaspoon
Fine grater
½ cup measure
Tongs
Spoon
Colander
Saucepan
Heatproof serving bowl

Ingredients:
500 grams butternut pumpkin, peeled and cut into small cubes
1 tablespoon olive oil
½ teaspoon ground cumin
½ teaspoon ground coriander
½ cup quinoa, rinsed, drained
2 tablespoons lemon juice
2 teaspoons lemon zest
½ cup fresh coriander leaves

• What to do
• Preheat oven to 220C fan-forced.
• Place pumpkin, oil and seasoning in a bowl.
• Toss to coat.
• Transfer to a baking tray.
• Roast until golden and tender.
• Meanwhile, place quinoa and 1 1/2 cups cold water in a saucepan over high heat.
• Cover. Bring to the boil. Reduce heat to low. Simmer until liquid is absorbed.
• Place quinoa in a heatproof bowl.
• Add pumpkin, lemon juice, lemon zest and coriander.
• Season with salt and pepper.
• Toss gently to combine.
• Serve.