

Preparation

15
MINS

Cook Time

25-30
MINS

Serves

4 (SIDE)
2 (MAIN)

Difficulty

EASY

ROASTED PUMPKIN SALAD WITH MALTED MISO DRESSING

An explosion of fruity flavours combined with earthy, tart and tangy taste sensations – a delicious way to make roasted pumpkin a new family favourite.

INGREDIENTS

For the Salad

- 3 cups rocket
- 2 cups roasted pumpkin wedges
- ½ cup pomegranate seeds
- ½ cup crumbled feta cheese
- 2 tbsp roasted pumpkin seeds

For the Dressing

- 50ml Saunders' Malt Extract
- 3 heaped tbsp white miso paste
- 50ml rice wine vinegar
- 50ml soy sauce
- 25ml toasted sesame oil
- 1 garlic clove, crushed
- ½ tsp grated fresh ginger
- Juice of ½ lime
- Salt, to taste

METHOD

- 1 Preheat the oven to 200°C. Lightly oil pumpkin cubes and roast for 25–30 minutes or until golden and tender. Set aside to cool slightly.
- 2 While the pumpkin is roasting, whisk all dressing ingredients together in a small bowl until smooth.
- 3 On a large serving platter, layer rocket, roasted pumpkin, pomegranate seeds, feta, and pumpkin seeds.
- 4 Drizzle with the malted miso dressing just before serving.