**PUMPKIN AND QUINOA SALAD**

**Roast Pumpkin**

* 500-600 g pumpkin skin removed and cut into ~ 2.5 cm cubes
* 1 tablespoon olive oil
* ½ teaspoon smoked paprika
* ½ teaspoon salt

**Salad**

* 2 cups cooked quinoa made from ~ ¾ cup uncooked quinoa
* 1 cup peas, fresh or defrosted
* 1/3 cup sundried tomatoes, thinly sliced
* ½ cup pumpkin seeds, raw or dry-roasted
* 2 tablespoons parsley, finely chopped
* 1 sprig of marjoram, picked
* 1 tsp garlic OR ½ cup spring onions, sliced finely

Dressing

* 1 tablespoon olive oil
* 1 tablespoon soy sauce
* 1 tablespoon lemon zest
* 1 lemon, juiced
* 1 teaspoon freshly ground pepper
* ½ teaspoon salt

**Instructions**

**Roast Pumpkin**

* Preheat oven to 200oC fan-forced
* Place pumpkin, oil and seasoning in a bowl. Toss to coat.
* Transfer to a baking tray lined with baking paper.
* Roast for 20 to 25 minutes, until golden and tender.

**Quinoa Salad**

* Meanwhile, cook the quinoa. Cover with water and bring to the boil. Once it has ‘cracked’ turn off the heat and cover with a lid. Let sit for 5 mins. Drain any excess water.
* Once the quinoa is cooked and cooled slightly, add to the salad bowl.
* Then add all the remaining ingredients. Stir through.
* Then gently toss the pumpkin through the quinoa salad.
* Serve on a large platter with a scattering of parsley.