***Pumpkin or Squash Salad***

**Ingredients**:

* 1 small pumpkin or butternut squash
* 2 handfuls of Jerusalem artichokes
* ½ pomegranate (split open by cutting the skin only)
* 3 cups of rocket leaves
* ½ cup Pepita seeds, toasted
* 2 Tbsp parsley leaves, chopped *roughly*.

**Equipment**: 3 Baking trays

2 silver bowls

 1 Salad spinner

Dressing;

* 1/3 cup extra virgin olive oil
* 1-2 TBSp balsamic vinegar
* 1 tsp mustard
* ½ tsp salt (+to taste) ½ tsp black pepper

**Method**:

1. Set the oven. Turn it onto FAN (the circle in a box) and the TEMPERATURE to 180oC
2. **Cut the pumpkin, leaving skin on, into half wedges. (make 30-40)**
3. Remove seeds. Spread out on a tray. *Drizzle* with olive oil and a little cumin and bake in the oven for 20 mins until softened. It should have a golden colour.
4. **Prepare the artichokes. cut them into pieces and then roast them for 10 mins**

**(If they are *frozen* they may need to be roasted then cut.)**

1. Wash the rocket in a bowl of cold water and gently spin the leaves in the salad spinner
2. **To prepare the *POMEGRANATE:* ask your volunteer to cut carefully just through the skin only, in equal sections then pull it apart. This way you won’t lose the juice from the arils inside. Pick half of the arils from the pomegranate and remove any white skin.**
3. Mix together the dressing ingredients, shake them in a small jar until mixed well.
4. ***Build the salad* on a large platter; begin with small wedges of roasted pumpkin, a handful of artichokes and *scatter* some rocket. *Drizzle* with a little dressing. Add some more artichokes and *sprinkle* with the arils. Continue until everything is used.**
5. Serve each person with *one wedge* of pumpkin or 1 piece of squash (if large) and the salad leaves which are now nicely dressed.