Roasted pumpkin and mibuna salad w apple and walnut\*

450g Jap pumpkin peeled\*, seeded and thinly sliced (\*use knife to peel)

1. red apples cored and cut into wedges

2 tablespoons extra virgin olive oil (plus ½ Tbsp for dressing)

1 Tbsp balsamic vinegar (plus ¼ Tbsp for dressing)

\*1/2 cup toasted seeds (pumpkin and sunflower) instead of walnut

1 Small bunch of rocket leaves

3 cups mibuna sprigs, cut into bite-size

2 Tbsp chives, cut very finely

METHOD

1. Cut pumpkin slices in half widthways and combine with olive oil and balsamic vinegar in a large oiled roasting pan, then roast at 180oC (o-Degrees C-Celsius) for 20 minutes or until tender. Cool for 10 minutes.
2. Toast the seeds in a dry frying pan until golden and have nutty aroma.
3. Slice the apples.
4. Combine rocket and mibuna on a large platter, add pumpkin and apple, toasted seeds, season to taste and toss lightly.
5. Drizzle with a dash of olive oil and balsamic dressing and scatter with chives, serve.

NOTES;

Degrees Celcius is usually written as ‘oC’.

W is shorthand for ‘with’.

A ‘dash’ is just a little. ‘Season’ is to make tasty with salt and pepper