

Roasted pumpkin apple and walnut salad

450g Jap pumpkin peeled, seeded and thinly sliced

2 red apples cored peeled and cut into wedges

2 tablespoons extra virgin olive oil

1 tbs balsamic vinegar

200g chopped walnuts,

1 cup rocket leaves

2 cups watercress sprigs

1. Cut pumpkin slices in half widthways and combine with apple olive oil and balsamic vinegar in a large oiled roasting pan, then roast at

180degrees Celsius for 20 minutes or until tender. Cool for 10 minutes

Combine rocket and watercress on a large plater, add pumpkin mixture, nuts, season to taste and toss lightly.

Drizzle with a dash of olive oil and balsamic and serve .

* Instead of watercress
use 1 cup of mint
finely shredded.

* instead of nuts
use pumpkin seeds
or sunflower kernels -

* can also add 2
sticks finely chopped
celery with rocket.