

## 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 finely chopped  
mint  
Instead of nuts use  
sunflower kernels.  
Add 2 sticks of  
chopped celery.