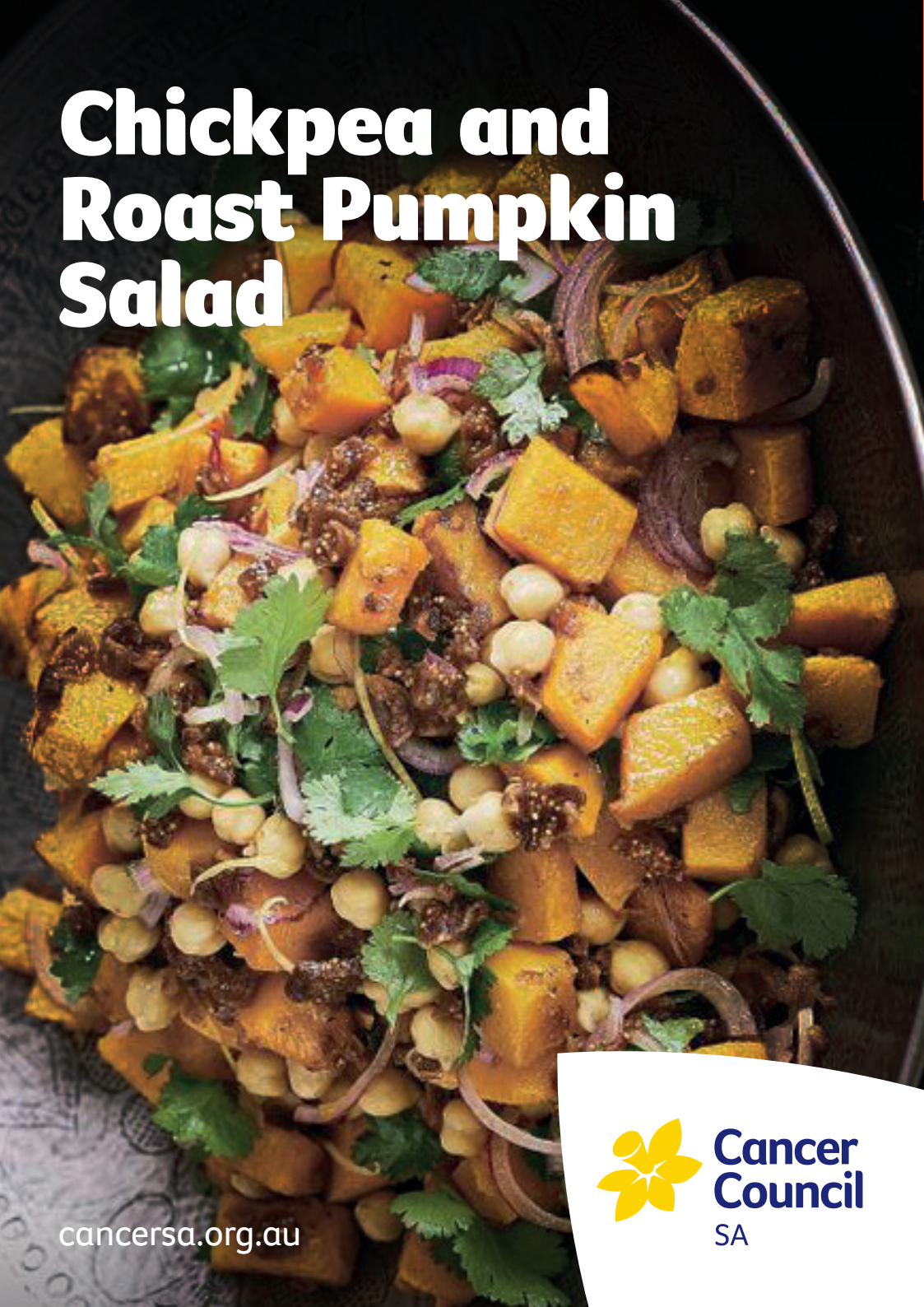


Chickpea and Roast Pumpkin Salad



cancersa.org.au



Chickpea and Roast Pumpkin Salad

Serves: 4

Dietary fibre per serve: 12g

Preparation time: 10 minutes

Cook time: 30 minutes

Ingredients

- ½ butternut pumpkin, diced
- 1 sprig rosemary
- 1 red onion, sliced
- 400g tin chickpeas, drained and rinsed
- 400g tin baby beetroot, drained
- 1 punnet cherry tomatoes, halved
- 2 cups rocket, washed
- 1 tbsp olive oil
- 1 tsp lemon juice
- 1 tsp Dijon mustard

Method

1. Preheat oven to 200°C (180°C fan forced) for 10 minutes.
2. Cook pumpkin and rosemary for 25 minutes or until pumpkin is soft.
3. Meanwhile, cook onion in frying pan with splashes of water until the onion is soft.
4. Combine olive oil, lemon juice and Dijon in a jar, shaking until combined.
5. Mix cooked pumpkin, onion, chickpeas, beetroot, cherry tomatoes and rocket.
6. Serve with dressing.

Alternatives

- Swap rocket for spinach.
- Swap chickpeas for brown lentils.
- Swap beetroot for halved strawberries.
- Swap lemon juice for apple cider vinegar.

Acknowledgement goes to Cancer Council Queensland for original development of this resource.