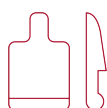




Pumpkin and Black Bean Salad



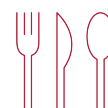
DIFFICULTY: EASY



PREPARATION TIME: 30
MINUTES



COOKING TIME: 25-30
MINUTES



SERVES: 6 TO 8

Ingredients

Salad

Half butternut pumpkin, approximately 1kg

2 tbsp olive oil

1 tsp ground cumin

1 tsp ground coriander

1 tsp smoked paprika

Salt & pepper

2 cobs corn, husks removed

1 small red capsicum, chopped

1 Spanish onion, finely chopped

400g can black beans, drained & rinsed

½ bunch fresh coriander leaves

1 avocado, diced

Dressing

2 tbsps lime juice

2 tbsps olive oil

Notes

Method

To start your pumpkin and black bean salad, peel the pumpkin & dice into 2.5cm pieces. Place into a large bowl with olive oil and spices. Season well with salt and pepper and toss to coat the pumpkin.

Preheat oven on [CircoTherm®](#) to 200°C. Line the universal pan with baking paper and place the pumpkin onto the tray. Cook for 25 to 30 minutes or until golden and cooked. Allow to cool.

While the pumpkin is cooking, heat a non-stick frying pan over a medium to high heat, Induction level 7. Place the corn cobs into the pan & allow to cook, turning regularly until the corn begins to cook and blacken. Remove from the pan and cool before slicing the corn off the cob.

Place the corn, capsicum, onion, beans and coriander into a large bowl and toss to combine. Add the pumpkin and avocado and carefully mix together.

Combine the ingredients for the dressing and mix well. Pour over the salad and serve.

