



Hasselback Pumpkin Salad with Sumac Onion & Yogurt Dressing

Ingredients

1 x half butternut pumpkin
1 red onion, halved & finely sliced
2 tbs olive oil
1 tsp sumac + extra ½ tsp
Salt & freshly ground black pepper
¼ cup pomegranate seeds
extra continental parsley
toasted pumpkin seeds

Dressing

200g natural yogurt
2 tbs tahini
1 cup continental parsley leaves
3 tbs lemon juice
salt & freshly ground black pepper

Notes

We use Australian tablespoons and cups: 1 teaspoon equals 5 ml; 1 tablespoon equals 20 ml; 1 cup equals 250 ml. | All herbs are fresh (unless specified) and cups are lightly packed. | All vegetables are medium size and peeled, unless specified. | All eggs are 55–60 g, unless specified.

Method

Peel the pumpkin & scoop out the seeds. Place onto a chopping board cut side down. Place a chop stick on either side of the pumpkin then, using a sharp knife, slice through the pumpkin to the chopsticks at 5mm intervals. The chopsticks will prevent cutting all the way through the pumpkin.

Transfer the pumpkin to a tray lined with non-stick baking paper. Carefully arrange half the onion slices between the slits in the pumpkin. Combine the olive oil & the sumac & brush over the pumpkin. Sprinkle with salt & freshly ground pepper.

Roast on CircoTherm® 200°C with medium steam for 30 mins or until golden & tender. Allow to cool.

Place yogurt, tahini, parsley & lemon juice for dressing in a food processor & process till mixture is well combined. Season with salt & pepper. Set aside.

Combine the remaining onion slices with the extra sumac. Carefully transfer the pumpkin to a serving plate. Drizzle with dressing & sprinkle with onion mixture, pomegranate seeds, extra continental parsley & pumpkin seeds.