



Pumpkin Salad with Cauliflower, Quinoa and Pomegranate



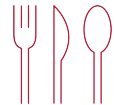
DIFFICULTY: MID



PREPARATION TIME: 30
MINUTES



COOKING TIME: 45 MINUTES



SERVES: 4

Ingredients

1 cup quinoa
500ml vegetable stock
3 tbsp olive oil
1 red onion, cut into wedges
1 kg pumpkin, cut into thin wedges, skin on
½ (half) cauliflower, broken into small florets
1 tsp ground cumin
1 tsp ground coriander
sea salt and freshly ground pepper to season
400g tin lentils, rinsed and drained
1 pomegranate, seeds removed
1 cup walnuts, toasted
50g baby sorrel leaves (or other salad leaves)
1/3 cup mint
1/3 cup coriander
1/3 cup basil
2 tbsp extra virgin olive oil
2 tbsp pomegranate molasses

Method

Place quinoa and stock into a small saucepan, bring to the boil, reduce heat and cook over low heat until the liquid has been absorbed, approx. 15 minutes. Set aside.

Preheat oven to 200°C CircoTherm®. Arrange onion, pumpkin and cauliflower on 2 oven trays, toss with oil to coat and sprinkle over cumin and ground coriander, salt and pepper. Place in oven to cook for 40 minutes, until tender, with golden brown edges. Remove and allow to cool.

Mix the quinoa, lentils, pomegranate seeds and herbs and leaves together. Dress lightly with extra virgin olive oil.

Place the roasted vegetables on a serving platter and scatter over the salad. Drizzle with pomegranate molasses and serve.

Photography by Steen Vestergaard. Styling by Caroline Velik. Food preparation by Caroline Velik.

Notes