



LEBANESE ROASTED PUMPKIN SALAD

Prep + cook time: 45 minutes **Serves:** 4

Ingredients

2 tablespoons honey
1 cup (100g) walnuts
2kg (4 pounds) jap pumpkin, cut into
2.5cm (1-inch) thick wedges
1 large red capsicum (bell pepper)
(350g), sliced thickly
1 large red onion (300g),
cut into thin wedges
2 tablespoons olive oil
400g (12½ ounces) canned lentils,
drained, rinsed
60g (2 ounces) watercress,
sprigs picked

LEBANESE SPICE MIX

1 teaspoon sweet paprika
1 teaspoon ground cumin
1 teaspoon ground coriander
½ teaspoon ground cinnamon

YOGHURT DRESSING

½ cup (140g) greek-style yoghurt
¼ cup (60ml) olive oil
1 tablespoon finely grated lemon rind
¼ cup (60ml) lemon juice
1 tablespoon honey

1. Preheat oven to 200°C/400°F. Line three oven trays with baking paper.
2. Make **LEBANESE SPICE MIX**.
3. Bring honey to the boil in a small frying pan over medium heat. Add walnuts and 1 teaspoon spice mix; toss gently to coat. Transfer to a tray; set aside to cool.
4. Place pumpkin on another tray, and capsicum and onion on remaining tray. Drizzle with oil and remaining spice mix; toss to coat. Bake for 30 minutes or until capsicum and onions are tender; remove from oven.
5. Meanwhile, make **YOGHURT DRESSING**.
6. Serve roasted vegetables with lentils, watercress, nuts and yoghurt dressing.

LEBANESE SPICE MIX: Combine ingredients in a small bowl.

YOGHURT DRESSING: Combine ingredients in a small bowl; season to taste.

Tip

Make extra spice mix and store in an airtight container for up to 1 month.