



CHICKPEA, BEETROOT & PUMPKIN SALAD

FEEDS: 4-6. SEASON: AUTUMN.

This colourful roast vegetable salad can be served warm or cold. Substitute the silverbeet with rocket, spinach, beetroot leaves or kale and swap out any of the roasted vegetables with whatever seasonal veggies you have in your fridge, like zucchini, sweet potato, carrot, potato and capsicum.

INGREDIENTS

- ☐ 6 small-medium beetroot, washed and cut into 1-2 cm cubes
- ☐ 3 tbsp extra virgin olive oil
- ☐ 2 garlic cloves, peeled and finely chopped
- ☐ 500g pumpkin, peeled and chopped into 1-2 cm cubes
- ☐ 1 x 400g tin chickpeas (no added salt) Drained and rinsed.
- ☐ 2 tbsp lemon juice
- ☐ 4 silverbeet leaves, finely shredded
- ☐ 50g reduced-fat feta, crumbled

EQUIPMENT

- ☐ measuring scales and spoons
- ☐ chopping board
- ☐ cook's knife
- ☐ citrus juicer
- ☐ colander
- ☐ large baking dish
- ☐ large bowl
- ☐ mixing spoon

WHAT TO DO

1. Preheat the oven to 200°C.
2. Combine the beetroot, 1 tablespoon olive oil and the garlic in the baking dish. Roast for 10 minutes.
3. Place the pumpkin in the same baking dish, away from the beetroot. Bake for a further 20 minutes.
4. Combine the chickpeas, remaining olive oil and lemon juice in the large bowl.
5. Place the cooked beetroot, pumpkin and chopped silverbeet with the chickpea mixture. Toss gently to combine.
6. Top with crumbled feta.
7. Season to taste (optional).