



Roasted pumpkin and hummus salad

Use the hummus recipe as a dip with fresh vegetable crudité's for a snack or lunch box item.

GF

Serves: 4

Preparation time: 20 mins | Cooking time: 40 mins

Ingredients

600g pumpkin, cut into 4 large wedges, seeds removed

4 tbsp extra virgin olive oil (EVOO)

1 tsp sumac

1 x 400g can no-added-salt chickpeas, drained and rinsed

¼ cup gluten free tahini

1 lemon, zested and juiced, 1 tbsp separated for the dressing

Freshly cracked black pepper, to taste

1 cup baby spinach leaves

½ can no-added-salt brown lentils, drained and rinsed

2 tbsp fresh lemon thyme leaves, to garnish

Method

1. Preheat oven to 180°C and line a baking tray with baking paper. Lay the pumpkin wedges on the tray with space between each wedge. Drizzle with 1 tbsp EVOO and sprinkle with sumac. Roast for 30–40 minutes until golden brown and easily pierced with a fork. Remove from the oven and allow to cool.
2. Meanwhile, make the hummus by placing chickpeas, tahini, lemon zest, all but 1 tbsp lemon juice and freshly cracked black pepper to taste in a blender and puree until smooth. Add water, if necessary, to achieve a soft, spreadable consistency.
3. To make the dressing, whisk together 3 tbsp EVOO and remaining 1 tbsp lemon juice.
4. Toss the spinach, lentils and thyme leaves together.
5. Assemble by spreading hummus on the base of a serving platter. Add roasted pumpkin wedges and scatter with spinach salad. Drizzle the dressing over the salad.