

ROASTED PUMPKIN & LENTIL SALAD WITH YOGHURT & FETA DRESSING



 Serves 4

 Prep Time 10 minutes

 Cook Time 20-25 minutes

 Easy As



INGREDIENTS

- 400 g prepared pumpkin*, cut into thin wedges
- 1 medium red onion, cut into wedges
- 1 tsp Gregg's Ground Cumin

METHOD

1. Preheat oven to 190°C (fan assisted). Place the prepared pumpkin and red onion in a bowl. Toss through **Gregg's Ground Cumin**, **Gregg's Ground Coriander** and olive oil. Transfer to a

- 1 tsp **Gregg's Ground Coriander**
- 1 Tbsp olive oil
- ½ cup (125g) Greek Style Natural unsweetened Yoghurt
- 50 g feta, crumbled
- Handful mint leaves, chopped
- Juice ½ lemon
- ½ x 120g bag baby spinach leaves
- 400g can **Wattie's Lentils in Springwater**, rinsed and drained

baking tray lined with baking paper. Roast for 20-25 minutes, until pumpkin is tender. Remove from oven and allow to cool for 10 minutes.

2. Prepare the yoghurt dressing by mixing together the yoghurt, crumbled feta, mint and lemon juice.
3. Transfer roasted vegetables to a large bowl or platter. Carefully toss through **Wattie's Lentils** and baby spinach leaves. Drizzle over the dressing and serve.

TIPS

- *550g pumpkin will give approximately 400g prepared pumpkin.