



# Roast Pumpkin, Carrot & Chickpea Salad

<b>What to collect</b>	
<b>Ingredients</b>	<b>Equipment</b>
1 kg pumpkin, deseeded, peeled & cut into 2cm pieces	roasting tray
1 large bunch baby carrots, washed & ends trimmed	chopping board
2 teaspoons ground cumin	knife
1 teaspoon paprika	metric measuring spoons/cups
3 teaspoons honey	peeler
400g can chickpeas, rinsed & well drained	whisk
3 tablespoons extra virgin olive oil	small bowl
1 tablespoon red wine vinegar	salad spinner
100g baby spinach leaves	
4 spring onions, finely chopped	
2 tablespoons seeds, toasted	

## What to do

1. Preheat oven to 230C. Line tray with baking paper.
2. Place the pumpkin and carrots in a bowl and add the cumin, paprika, honey and 1 tablespoon olive oil.
3. Toss so all vegetable are well coated.
4. Roast for 25-30 minutes, add the chickpeas and roast for a further 5-8 minutes until pumpkin is golden. Remove from heat and set aside.
5. Make the dressing: whisk olive oil, vinegar and salt/pepper together.
6. Place the pumpkin/carrots, spinach and spring onions in a bowl, pour over the dressing and toss gently to combine.
7. Serve with toasted seeds sprinkled over the top.