

## **Recipe: Barbecued pumpkin, red onion and spinach salad**

**Serves 12**

### **Ingredients**

- 1 (about 1.5kg) butternut pumpkin, quartered lengthways, peeled, seeded, thinly sliced
- 1/4 cup (60ml) extra virgin olive oil
- 3 red onions, cut into wedges
- 300g baby spinach leaves
- 200g feta, crumbled
- 1 Tbsp wholegrain mustard
- 2 Tbsp red wine vinegar

### **Method:**

1. Preheat a barbecue on medium. Brush the pumpkin slices with a little of the oil and season with salt and pepper. Cook on barbecue for 1 minute each side or until tender. Transfer to a plate. Add onion to the barbecue and cook, turning, for 2 minutes or until it softens. Remove from heat.
2. Place the spinach, crumbed feta, pumpkin and onion in a large serving bowl. Combine the mustard, vinegar and remaining oil in a screw-top jar and shake until well combined. Drizzle over the salad and serve immediately.

### **Tip**

- If there is no barbecue available, this recipe works just as well with the pumpkin roasted in the oven

### **Nutrient analysis per serve (after modifications):**

Energy: 624kJ ( 148 calories), total fat 9g , saturated fat 3g, carbohydrate 10g, protein 6g, sodium 220mg

Recipe adapted from

<http://www.taste.com.au/recipes/21079/barbecued+pumpkin+red+onion+and+spinach+salad>