

Pumpkin, silverbeet & quinoa salad

Quinoa is pronounced "Keen-warh")

Would you change this recipe when you make it at home?
Serve with Lemon, Herb and Honey Dressing

Equipment:	Ingredients
Oven preheated to 200°C metric measuring scales, jug, cups and spoons chopping board cook's knife baking tray lined with baking paper Frying pan Pair of flippers Small saucepan with lid Mixing bowl Serving bowl Serving spoon	1 batch of pre-cut pumpkin or sweet potato ready for roasting 2 tsp olive oil 1/2 tsp ground nutmeg 3/4 cup hot stock 1/2 cup quinoa 1/4 cup sunflower seeds or pumpkin seeds 1 small bunch of leafy greens, carefully washed, stems composted and green leaves finely chopped 150 g pumpkin or sweet potato, chopped into 2-3 cm cubes (for the next class)



Method:

Remember to clean up your workstation as you go

- Place chopped pumpkin on the lined baking tray, drizzle with oil and sprinkle with nutmeg.
- Place pumpkin into the oven. Roast for 20 minutes or until tender. Remove and set aside.

Meanwhile, while the pumpkin cooks:

- Heat the stock in the saucepan.
- Tip the quinoa carefully into the boiling stock, lid on.
- Cover with the lid, move the saucepan to cover the quinoa, and bring it back to boiling point.
- Turn the heat down to a gentle simmer.**
- Simmer quinoa with the lid on until the pumpkin is cooked.** (They should be cooked at about the same time.) **Keep the lid on. Add more water a tablespoon at a time if needed if it dries out.**



Meanwhile, while the quinoa cooks:

- Prepare the leafy greens and the next class's pumpkin following the instructions in the ingredients list.
- Dry-fry the seeds in a frying pan. When they start to brown, tip them into the mixing bowl.
- Stir the shredded leafy greens into the quinoa. Cover and let it rest for another 5 minutes. While you wait, check that your dishes are done.
- Add the pumpkin, and dressing (from Station 1) to the large bowl with the quinoa and toss gently to combine.
- Place 4/5 of the salad neatly into a serving bowl, and donate the remaining into Station 1's bowl.
- Put a serving spoon on the plate, and garnish with a flower.

