

Roasted Pumpkin Salad

With Haloumi Cheese

Type: Salad/Side Dish **Serves:** 30 tastes in classroom **Recipe source:** Adapted from Taste.com

Fresh from the garden: Pumpkin, rocket, baby spinach

Cooks Note: Of course if you were making this at home you would do the pumpkin roasting steps first. Due to time restraints we are using pre prepared pumpkin to do salad. Any pumpkin can be used but Butternut pumpkins are preferable due to their sweet taste.

EQUIPMENT: Dish rack 2 Salad Spinners Large Red Bowl Medium Frypan Silicone/Plastic Egg Slide (turner) Screw top jar Cooks Knife 2x Baking Trays Baking Paper	INGREDIENTS: Roasted Cubed Pumpkin olive oil cooking spray 6 slices haloumi cheese (1/2 250g block) vegetable oil 300g baby spinach and rocket Honey and balsamic dressing 1/3 cup honey 5 tablespoons balsamic vinegar 2 tablespoon olive oil Salt and pepper
TO SERVE: 3 salad bowls 3 tongs	For Next Class 2kg pumpkin

What to do:

1. Preheat oven to 250°C
2. Measure out Rocket and Spinach. Half fill sink with cold water. Add spinach and rocket to water and swish gently to wash. Remove leaves with hands and put into dishwashing draining rack. Empty water from sink and repeat process.
3. Put drained leaves into a salad spinner and spin GENTLY! until dry. You may have to do this in batches. Put into large red bowl.
4. Weigh Haloumi Cheese and cut into slices about 2-3 mm thick. Add about 1 tablespoon vegetable oil to a medium, non-stick frying pan and heat over medium heat. Add Haloumi and fry on each side until golden brown. Cut into small 1cm(or less) squares
5. Make honey and balsamic dressing: Measure honey, vinegar and oil in a screwtop jar. Secure lid and shake to combine. Remove lid. Microwave on HIGH (100%) for 10 seconds or until honey is melted. Replace lid. Shake until well combined.
6. Place spinach and prepared pumpkin and haloumi in the large red bowl. Season with salt and pepper Drizzle with dressing and toss gently. Divide into 3 salad bowls and serve with tongs.

FOR NEXT CLASS:

With cooks knife cut pumpkin into 2 cm cubes. Line 2 baking trays with baking paper. Place pumpkin in a single layer on trays. Spray with oil and turn to coat. Season with salt and pepper. Put pumpkin into oven and roast, turning once, for 20 minutes or until golden and tender. Set aside to cool to room temperature.

