

Roasted Pumpkin and Cous Cous salad

Ingredients:

2 cups Cous cous
1 Tablespoon Olive oil
1 lemon
Salt and pepper
1 kg pumpkin
3 handfuls spinach leaves
200g fetta cheese
100g Green Beans

Equipment:

Green chopping board
Large knife
Zester
Citrus juicer
2 Large Mixing bowls
Small sauce pan
Medium mixing bowl
Slotted spoon
Colander
1 large metal spoon
Baking tray
Baking paper
Cling wrap

Method:

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| <ol style="list-style-type: none">1. Pre heat oven 250c2. Peel, deseed and chop pumpkin in to small cubes about 1 ½ cm.3. Place pumpkin on baking tray, lined with baking paper. Using your hands, lightly coat pumpkin with olive oil and season with salt & pepper. Bake in oven for about 15 minutes until just tender.4. Place cous cous in large bowl. Add finely chopped zest from one lemon and juice. Add 1 Tablespoons olive oil, season with salt & pepper. Using a large metal spoon stir ingredients to evenly coat cous cous.5. Pour in enough boiling water to just cover cous cous, cover bowl with cling wrap. And set aside.6. Chop fetta cheese into small cubes. Place in a large bowl. And spinach leaves that have | <p>been washed and pat dry.</p> <ol style="list-style-type: none">7. Blanch Beans:8. Remove tops from beans.9. Place a small sauce pan of water on the stove and bring to the boil. Place a medium bowl of cold water on the bench next to the stove. Using a slotted spoon, carefully lower the snow peas in to the sauce pan and cook for 30 seconds.10. Remove snow peas with the slotted spoon and place in the cold water to stop the snow peas from cooking any longer. Using a colander drain snow peas and add to the fetta bowl.11. Uncover cous cous and fluff up with large metal spoon, it should feel soft. Fold through Roasted pumpkin, fetta, snow peas and spinach,12. Divide salad into 5 serving bowls. And serve. |
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