

Maple Pumpkin Salad



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Total time: 30 min

Preparation: 10 min

Cooking: 20 min

Created by: QAST

Serves: 6

Category: Cold Meals

RRP: \$4.50 ea

Level: Easy

This price is provided as a guide only and should be checked before using it as a listed menu price.

Ingredients

- 0.25 each Pumpkin, chopped
- 150 g Red Capsicum, chopped
- 0.5 each Red Onion
- 2 tbsp Maple Syrup
- 2 tbsp Olive Oil
- 100 g Rocket
- 4 cup Brown Rice, uncooked
- 0.25 cup Sunflower Seeds
- 1 tsp Vegeta Mix
- 1 tsp Curry Powder
- 1 tsp Lime juice
- 1 tsp Balsamic vinegar dressing

Recipe

1. Preheat oven to 180 degrees C.
2. Cook rice with vegeta mix and curry powder.
3. Mix olive oil and maple syrup in mixing bowl. Add pumpkin and coat in mixture. Lay on baking tray and bake in oven until golden brown (approx 20 minutes). Lay capsicum and onion on separate baking tray and bake in oven until golden and soft (approx 5 minutes)
4. Assemble salad - serve of rice topped with cooked vegetables, rocket, sunflower seeds. Drizzle lime juice and balsamic vinegar dressing on top. Serve.

Full description

A delicious salad with a hint of sweetness! This salad is suitable for those on a gluten free, dairy free, vegetarian or vegan diet.

Thank you Coombabah State School for sharing this recipe.