

Roast pumpkin & rocket salad with blue cheese



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Preparation: about 20 minutes

Cooking: about 30 minutes

Serves: 4

1.2 kg butternut pumpkin, peeled and cut into 5cm pieces

2 red onions, cut into thin wedges

2 garlic cloves, chopped

2 tbs olive oil

Salt and ground black pepper

1 bunch asparagus

1 bunch rocket, trimmed

100g creamy blue cheese, sliced

2 tbs roasted hazelnuts, chopped

Caramelised balsamic vinegar and extra virgin olive oil, for drizzling

1. Preheat oven to 200°C. Place pumpkin, onions, garlic, oil and salt and pepper to taste in a bowl. Toss to combine. Arrange in a single layer in a large baking pan lined with baking paper. Roast for 20–25 minutes, turning once, until tender. Set aside to cool slightly.
2. Cook asparagus in a pan of simmering water for 2–3 minutes until almost tender. Drain and refresh in cold water.
3. Arrange pumpkin, onions, rocket and asparagus on serving plates. Place sliced blue cheese on baking tray lined with baking paper. Heat for 2 minutes or until just begins to melt. Top salads with warm blue cheese and sprinkle with hazelnuts. Drizzle with caramelised balsamic vinegar and extra virgin olive oil and serve.



Butternut pumpkin

- A good source of beta carotene, which the body converts to vitamin A. The deeper the colour, the higher the content of beta carotene.
- Provides potassium, which helps balance adverse effects of consuming salt.
- A source of vitamin C and dietary fibre, both of which are preserved if making pumpkin soup.