

Roasted Pumpkin & Tomato Salad

WITH PENCANS, CORIANDER AND YOGURT DRESSING

VEGETARIAN FRIENDLY DIABETES FRIENDLY HEART HEALTHY

This is an easy and quick recipe that is perfect for a meat free mid-week dinner or lunch. This recipe is perfect for tomatoes that are becoming over ripe. A great way to use vegetables that are nearing their used by is roasting.



Nutrition Per Serving

Energy 1735 Kj 20%	Fat 31 g 44%	Saturated Fat 3.5 g 15%	Sugars 0 g 0%	Salt 64 mg 7%	Protein 11.5 g 20%	Carbs 22.7 g	Fibre 10.1 g 37%
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Ingredients

- 1 medium - Butternut pumpkin washed, seeds removed and cut into 5 cm cubes.
- 50 ml - Olive oil
- 8 medium - Tomatoes cut in half or quarters
- 2 cloves – Garlic
- 1 – Long Red Chilli (optional)
- 2 cm – Ginger (optional)
- ¼ tsp – Cardamom powder
- 90 g – Nuts (any nuts that you have at home will work)
- 150 mL – Low Fat Yoghurt
- 1 – Lime, juiced. (You can use any acid you have on hand i.e. lemon, malt, white wine)
- Black or white pepper

Method

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- 1 – Get the oven on at 180 degrees, this will speed up your cooking time.
- 2 – Prepare the pumpkin and tomatoes. Use a mixing bowl, first for the pumpkin and add half the olive oil and toss. This will coat what you are baking evenly and reduce the need to add extra to the baking tray. Then repeat with the tomatoes.
- 3 – Add the pumpkin and tomatoes at the same time and cook for 30 minutes or until the pumpkin is soft and golden.
- 4 – Make a paste of the garlic, chilli, cardamom and ginger and top the tomatoes. Turn the heat down to 160 degrees and return the tomatoes to the oven for another 30 – 40 minutes.