



# Roasted Pumpkin and Chickpea Salad with Goats Cheese and Herbed Yoghurt Dressing

Serves 2 | Preparation time 10 minutes | Cooking time 30

## WHAT YOU'LL NEED

Herbed Yoghurt Dressing  
½ cup natural yoghurt  
1 Tbsp olive oil  
1 Tbsp chopped fresh parsley  
1 Tbsp chopped fresh mint or basil  
1 tsp lemon zest  
1 Tbsp lemon juice  
salt and freshly ground black pepper to taste

400 g peeled and cubed pumpkin  
1–2 Tbsp olive oil  
½ tsp ground cumin  
½ tsp ground coriander  
40g mixed salad greens  
1 x 400 g can chickpeas, drained  
½ red onion, finely chopped  
1 Tbsp each chopped fresh mint and parsley (or coriander)  
100 g feta or soft goat's cheese  
salt and freshly ground black pepper  
\*Avocado, optional

## WHAT TO DO

1. Preheat the oven to 200 °C.
2. Using a large baking tray, toss the pumpkin with the olive oil and spices until coated, and then roast on the middle shelf for 45-50 minutes or until golden and cooked through, then set aside to cool.
3. Prepare the salad dressing and set aside.
4. Add the salad leaves to a large serving bowl and then layer in the remaining ingredients, serve immediately along with the salad dressing.

\*Note, for a simpler salad dressing, simply drizzle over olive oil and lemon juice.