

Jewelled pumpkin and pistachio festive salad



- **Preparation** – 0:35 Minutes
- **Cook** – 0:40 Minutes
- **Servings** – 8
- **Difficulty** – Easy

INGREDIENTS

- 1kg Kent pumpkin, seeded, cut into 2cm thick wedges
- 1/4 cup (35g) pistachios
- 1/2 red onion, thinly sliced into rings
- 1/4 cup (35g) dried cranberries
- 1 lemon, juiced
- 200g plain yoghurt
- 2 tablespoons tahini
- 1 cup flat leaf parsley leaves
- 2 tablespoons lemon juice, extra

METHOD

- **Step 1**
Preheat oven to 190C. Line a large baking tray with baking paper. Place pumpkin on the tray. Spray with olive oil spray.
- **Step 2**
Roast, turning once, for 40 mins or until light golden and tender. Set aside to cool.
- **Step 3**
Meanwhile, de shell pistachios, arrange pistachios in a single layer on a baking tray. Roast for 3 mins or until lightly toasted. Set aside to cool. Coarsely chop.
- **Step 4**
Combine the onion, cranberries and lemon juice in a bowl. Set aside, stirring occasionally, for 15 minutes or until onion and cranberries soften. Drain well.
- **Step 5**
Place yoghurt, tahini, parsley and extra lemon juice in a food processor and process until the parsley is finely chopped and the mixture is well combined. Season.
- **Step 6**
Arrange the pumpkin on a large serving platter. Sprinkle with the cranberry mixture. Spoon over the yoghurt dressing and sprinkle with the pistachios.

NUTRITION

- **Energy** – 576kj
- **Fat total** – 7g
- **Saturated Fat** – 1g
- **Fibre** – 4g
- **Protein** – 5g
- **Sodium** – 47mg
- **Carbs** – 9g
- **Carbs total** – 10g

All nutrition values are per serve