



AB's Honey Roast Pumpkin & Cranberry Salad



This salad will become a family favourite and can be served warm or cold.

PREP TIME: 15 MIN

COOK TIME: 20-25 MIN

INGREDIENTS

- 1 large pumpkin, cubed
- 2 tbsp olive oil
- 1 tbs balsamic vinegar
- 1 tbsp rosemary, chopped
- 3 tbsp Ironbark honey
- 1/2 cup Cranberries
- 2 Cups English spinach
- Fetta to taste
- Pumpkin seeds/pine nuts

DIRECTIONS

1. Preheat oven to 180 degrees
2. Cut pumpkin into cubes and add to mixing bowl with olive oil, balsamic vinegar, rosemary and 1 tbsp ironbark honey. Toss to ensure all pieces are coated
3. Spread pumpkin pieces on a lined large baking tray and season with salt and pepper to taste.
4. Bake for 20 to 25 minutes, until tender, Shaking tray half way through.
5. Toss Pumpkin seeds/pine nuts in 2 tbsp ironbark honey and spread on small lined baking tray and roast in oven for 5 minutes.
6. Remove from oven, allow to slightly cool
7. Add English spinach, pumpkin, cranberries, pumpkin seeds/pine nuts and fetta
8. Toss and serve



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