





 Approximately **40 min**

 **511 kcal** p.p.

 **2 persons**

WHAT YOU NEED

- A red salad head: 1 pcs
- Pumpkin Hokkaido: 1 pcs
- A jar of sliced beetroot: 1 pcs
- A jar of chickpeas: 1 pcs
- Apples: 1 pcs
- Slicing cucumber: 1 pcs
- Pecan nuts: 15 g
- Lemon: 1 pcs

GOOD TO HAVE AT HOME

- Salt
- Pepper
- Olive oil
- Tahini: 1 tbsp.
- Ground cumin: 0.5 tsp.
- Mustard à l'ancienne: 0.5 tsp.

ALLERGENS



SALAD WITH ROASTED PUMPKIN AND BEETROOT HUMMUS

INSTRUCTIONS

- Preheat the oven to 210°C (fan).
- Wash and scrub the pumpkin. Cut the pumpkin in half and scoop out the seeds with a spoon. Cut the pumpkin into wedges. In a roasting dish, combine the pumpkin with a good dash of olive oil, a good pinch of salt and the ground cumin. Bake the pumpkin chunks for 30 min. Turn the wedges after 15 min.
- Meanwhile, drain the chickpeas and the beetroot. Wash the lemon and grate some peel. Add beetroot, chickpeas, tahini and some lemon juice to your food processor and pulse until smooth. Fold in the lemon zest and season to taste with salt and some white pepper. Add the hummus to a nice bowl.
- Clean the salad head and pick the leaves into bite-sized pieces. Wash, core and finely slice the apple. Drizzle the apple slices with some lemon juice to prevent them from discolouring. Coarsely chop the pecan nuts. Wash, seed and cube the cucumber. Add the salad leaves, apple, cucumber and the pecan nuts to a large bowl. For the dressing, add a good dash of olive oil, some lemon juice and mustard to a bowl. Stir to combine and season to taste with salt and pepper. Fold the dressing into the salad before serving.

SERVING

- Add the salad to plates and top with both pumpkin wedges and some hummus.