

Cardinia Leisure

Roast Pumpkin, Chicken and Honey Mustard Salad - serves 4

Food group servings per portion:

Vegetables: 2 ½ - Dairy: ½ - Lean meat/alternatives: 1 - Grains: 1

Ingredients

1kg Pumpkin, cut into thin wedges
3 tbsp. Olive Oil
Salt and Pepper, to season
2 cups baby spinach leaves
2 ½ cups rocket leaves
1 tbsp. Honey Mustard Dressing
2 small chicken breasts, grilled, thinly sliced
1 tbsp. Pine Nuts, toasted
100g Greek style feta, crumbled

Dressing

½ cup Olive Oil
2 tbsp. Honey
2 tbsp. white wine vinegar
1 tbsp. wholegrain mustard
1 tsp Dijon mustard
Salt and pepper, to season

Method

Preheat oven to 180C. Line an oven tray with baking paper. Arrange pumpkin wedges in a single layer and drizzle with Olive Oil. Season. Bake for 25 minutes or until golden and tender. Set aside for 15 minutes to cool.

Put spinach and rocket in a large bowl and add 2 tbsp. of the dressing. Toss well to coat.

Arrange spinach mixture, pumpkin and chicken on a serving board or serving platter. Scatter over pine nuts and feta then drizzle with a little of the dressing. Season with a little black pepper.

Serve remaining dressing on the side to add as you desire.



Available at our Café from 11am Tuesday 17 October

Cardinia Life
4 Olympic Way, Pakenham VIC 3810

P (03) 5945 2888 E cardinia@alignedleisure.com.au W cardinialeisure.com.au

ABN 58 608 613 350