

MasterFoodsTM

PROFESSIONAL

Cinnamon-Roasted Pumpkin Salad
RECIPE

Cinnamon-Roasted Pumpkin Salad



<?xml version="1.0"?>

TIME

25-35 MINS

INGREDIENTS

10 items

MAKES

4 servings

Wanting to modernise your winter menu? Try this comforting warm salad with fresh greens, grains, chunks of cheese and toasted pine nuts – a perfectly balanced dish finished with the balsamic vinaigrette.

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INGREDIENTS

- Cinnamon-Roasted Pumpkin Salad
- 1 tsp. MasterFoods™ Professional Cinnamon Ground
- 1 tbsp. olive oil
- 100 g baby spinach leaves
- 100 g wild rocket leaves
- Small handful of baby red veined sorrel leaves
- 200 g firm feta
- 1 cup wild grain rice
- Handful of Greek basil or fresh oregano leaves, for garnish
- 1/3 cup MasterFoods™ Professional Balsamic Vinaigrette Dressing, plus extra for serving

PRODUCTS USED



MasterFoods Professional Cinnamon Ground 480g

[SEE DETAILS](#)

Cooking Instructions:

1. 1
Pre-heat oven 180°C. Arrange pumpkin wedges on a baking tray, drizzle the olive oil, sprinkle over the cinnamon and season. Bake off for 25-30 minutes or until pumpkin is just tender, but still holding its shape. Set aside.
2. 2
Cook rice as per manufacturer's instructions, then fluff with fork and set aside.
3. 3
To assemble, layer on generous spoonful's of rice, greens, and pumpkin wedges and drizzle over half of the Balsamic dressing. Continue to build layers up, finishing with the remaining half of the dressing, pine nuts, and crumbled feta sprinkled over.
4. 4
Garnish with fresh herbs and serve with extra dressing on the side.

Tips:

1. 1

Also great with torn buffalo mozzarella or to make it vegan friendly, replace the feta with a vegan cheese.

2. 2

Can replace pine nuts with slivered almonds.

More Menu Ideas



[Choc-Berry Bircher Muesli](#)

Cooking time

10 min

Ingredients

11 items

[SEE DETAILS](#)



[Shredded Barbecue Chicken Pancakes](#)

Cooking time

60 MINS

Ingredients

8 items

[SEE DETAILS](#)



[Gua Bao Buns](#)

Cooking time

10 min

Ingredients

11 items

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New York Inspired Tagliatelle Pasta

Cooking time

15 minutes

Ingredients

9 items

[SEE DETAILS](#)

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