

Chickpea, Beetroot & Pumpkin Salad

Season: Autumn/Winter/Spring

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: beetroot, garlic, lemon, pumpkin, silverbeet

Equipment:

metric measuring scales and spoons
clean tea towel
chopping board
cook's knife
citrus juicer
large baking dish
large bowl
mixing spoon
serving platters

Ingredients:

6 small–medium beetroot, peeled and cut into 2 cm cubes
3 tbsp extra-virgin olive oil
2 garlic cloves, peeled and finely chopped
salt, to taste
pepper, to taste
500 g pumpkin, peeled, cut into 2 cm cubes
400 g tin chickpeas, drained and rinsed (or 100 g dried chickpeas soaked overnight and cooked)
1 tbsp lemon juice
4 silverbeet leaves, stem removed and discarded, and leaves finely shredded
50g feta, crumbled

What to do:

1. Preheat the oven to 200°C.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Combine the beetroot, 1 tbsp olive oil and the garlic in the baking dish. Season to taste. Bake for 10 minutes.
4. Place the pumpkin in the same baking dish, away from the beetroot. Bake for a further 20 minutes.
5. Combine the chickpeas, remaining olive oil and lemon juice in the large bowl.
6. Check that the beetroot and pumpkin are cooked.
7. Place the beetroot, pumpkin and silverbeet with the chickpea mixture, toss gently to combine.
8. Taste to check for seasoning.
9. Assemble on serving platters and top with crumbled feta.

