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Honey Mustard Vegetable Jumble

The key to balanced flavour in any recipe is the combination of salty and sweet ingredients. This recipe has both and is therefore great. The End. No, but seriously, once you've tried this honey mustard dressing, you'll be putting it on everything.



Prep: 10 mins

Cook: 30 mins

Total: 40 mins



level 2



lactose free



gluten free

Pantry Items



Olive Oil



Wholegrain Mustard



Honey



Pumpkin



Red Onion



Cumin



Lime



Cavolo Nero



Cannellini Beans



Currants






Pepitas

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2P	4P	Ingredients
½	1	pumpkin, peeled & cut into 2 cm cubes
½	1	red onion, cut into wedges  
½ sachet	1 sachet	cumin (recommended amount)
1 ½ tbs	3 tbs	olive oil *
2 tsp	1 tbs	wholegrain mustard *
1 tsp	2 tsp	honey *
½	1	lime, juiced
1 bunch	2 bunches	cavolo nero, destemmed & coarsely chopped
1 tin	2 tins	cannellini beans, drained & rinsed
1 packet	2 packets	currants
1 packet	2 packets	pepitas

 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	1800	Kj
Protein	16.5	g
Fat, total	19.2	g
-saturated	3.2	g
Carbohydrate	43.2	g
-sugars	26.4	g
Sodium	389	mg



You will need: *chef's knife, chopping board, vegetable peeler, sieve, oven tray lined with baking paper, whisk, small bowl and large bowl.*

1 Preheat the oven to **200°C/180°C fan-forced**.

2 Toss the **pumpkin** and **red onion** in the **cumin** and half of the **olive oil**. Season with **salt** and **pepper**. Arrange in a single layer on the prepared oven tray and bake in the oven for **30 minutes**, or until tender.

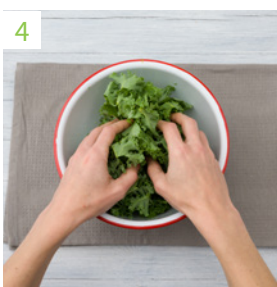
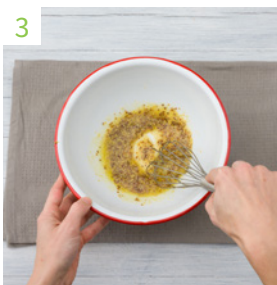
3 Meanwhile, to make the dressing, whisk the remaining olive oil, **wholegrain mustard**, **honey** and **lime juice** in a small bowl until well combined. Set aside.

4 Place the **cavolo nero** in a large bowl and drizzle with extra olive oil. Season with salt and pepper and then, using your fingers, massage the leaves to soften.

Tip: Massaging cavolo nero leaves completely changes their texture and makes them much more enjoyable to eat raw in a salad.

5 Add the roast pumpkin and red onion, **cannellini beans**, **currants** and **pepitas** to the bowl with the cavolo nero and gently toss.

6 To serve, divide the salad between plates and drizzle with the honey & mustard dressing.



Did you know? Pepitas are high in zinc, making them a natural protector against osteoporosis.