

Bio-Oz Roasted Pumpkin Crunchy Salad (Gluten free)

Ingredients

½ Jap pumpkin, pitted and sliced
Olive oil
2-3 handfuls of lettuce, rocket and/or baby spinach
150g macadamias
1 cup Bio-Oz buckwheat kernels
4 tsp honey

Instructions

Preheat oven to 180 degrees. Arrange the pumpkin slices on a baking tray, drizzle with olive oil and roast in the oven for 45 minutes, or until tender.

Add the buckwheat, macadamias and the honey to a small saucepan and place on a medium heat on the stovetop. Stir constantly for 4 minutes, or until buckwheat is browned, and take off the heat.

Tear up leaves and place them in a bowl. Toss with the pumpkin slices, sprinkle with buckwheat topping and serve.

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