



Pumpkin, Silverbeet & Feta Couscous Salad

Season: Summer/Autumn

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: garlic, lemons, parsley, pumpkin, silverbeet

Recipe source: Adapted from a recipe from Mansfield Primary School

Note: You can substitute sweet potato for pumpkin if pumpkin is not available.

Equipment:

metric measuring scales,
jug, cups and spoons
clean tea towel
chopping board
cook's knife
baking tray
large frying pan
wooden spoon
medium saucepan
bowls – 2 small, 1 large
heatproof with lid
zester
citrus juicer
fine grater

Ingredients:

600 g pumpkin, chopped
into 1 cm cubes
1 tbsp olive oil
1 tsp ground nutmeg
½ cup sunflower seeds or
pepita
seeds
500 ml chicken stock
2 cups couscous
1 large handful of silverbeet,
finely chopped
150 g feta cheese, crumbled

For the dressing:

2 lemons, juiced for ¼ cup
lemon juice and zested
¼ cup olive oil
2 tsp honey
2 garlic cloves, peeled and
finely chopped
2 cm knob of ginger, finely grated
1 small of handful parsley,
finely chopped
salt, to taste
pepper, to taste

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. Place chopped pumpkin on the baking tray, drizzle with oil and sprinkle with nutmeg.
4. Roast for about 20 minutes or until tender.
5. Dry-fry the seeds in a large frying pan. When they start to brown, remove them and set them aside.
6. Heat the chicken stock in the medium saucepan.
7. Put the couscous in the large bowl and pour the boiling chicken stock over it.
8. Cover with the lid and let stand for 5 minutes.
9. Stir the shredded silverbeet into the couscous. Cover and stand for another 5 minutes.
10. Crumble the feta into the small bowl.
11. Combine all the dressing ingredients in another small bowl.
12. Add the pumpkin, feta, seeds and dressing to the large bowl with the couscous and toss gently to combine.