



# WARM PUMPKIN & KALE SALAD (SERVES 4)

## INGREDIENTS

1 butternut pumpkin

Canola oil spray

3 cups of rice (brown rice, if available)

1 teaspoon margarine

½ onion

2 garlic cloves

Pepper to taste

1 handful kale

1 lemon

Freshly chopped herbs to taste

## UTENSILS

Clean paper towel or cloth

Knife

Chopping board

Large bowl

Oven tray or baking dish

Baking paper

Saucepan with lid or rice cooker

cooker

Large frying pan

Wooden spoon

Citrus juicer



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## OPTIONS

Add any additional vegetables of your choice can be added during step 9.

## METHOD

1. Preheat oven to 180°C.
2. Wash and dry the butternut pumpkin thoroughly. To do this rinse well with cool water, being sure to remove any dirt or residue. Pat dry using a clean paper towel or cloth.
3. Peel pumpkin and cut into 1cm cubes (see Dicing Butternut Pumpkin Instruction Card).
4. Place diced pumpkin in a bowl and lightly spray with canola oil. Mix well to coat the pumpkin in oil.
5. Evenly spread the pumpkin onto the oven tray/dish lined with baking paper and roast the pumpkin for 30 minutes until soft and golden. Once cooked allow to cool.
6. While the pumpkin is roasting, cook rice as per packet instructions (or see Cooking Rice Instruction Card).
7. Peel onion and garlic and finely dice.
8. Heat margarine in a frying pan, add onion and fry for 2 to 3 minutes moving with the wooden spoon.
9. Stir in the garlic along with any additional vegetables and fry for a further two minutes. Add cooked rice to the pan, season with pepper and cook, stirring occasionally for 3 minutes.

FOR MORE INFORMATION

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