



## Wattleseed-rubbed pumpkin with lentils & beetroot

**Ingredients:** (Serves 4)

2 medium-sized beetroot  
1 tablespoon olive oil, plus 1 tablespoon extra  
½ cup lentils  
2 tablespoons wattleseed  
1 tablespoon sumac  
½ Kent pumpkin, cut into wedges  
4 spring onions, thinly sliced  
½ bunch of flat leaf parsley, leaves picked  
½ bunch of karkalla, leaves picked  
2 tablespoons roasted almonds, roughly chopped  
2 ruby grapefruit, cut into segments  
2 tablespoons apple cider vinegar  
40g feta, crumbled

**Method:**

1. Preheat oven to 180°C (fan-forced). Wrap beetroot individually tightly in alfoil, place on a tray and transfer to the oven for 60-70 minutes or until beetroot are tender when pierced with a knife. Wearing gloves, unwrap beetroot and pull the skin off. It should remove easily. Roughly chop, transfer to the bowl of a food processor and blend with one tablespoon olive oil and salt until smooth.
2. Place lentils and about two cups of water in a saucepan. Bring to the boil, turn down heat and simmer for 12-15 minutes or until tender. Drain well.
3. Heat a heavy based pan over high heat with remaining olive oil. Cook pumpkin for 3-4 minutes on each side or until starting to colour and soften. Remove from pan and rub wattleseed and sumac over the pumpkin. Allow to sit for a few minutes.
4. Combine spring onions, parsley, karkalla, almonds, grapefruit, vinegar and lentils. Divide beetroot puree and lentil salad between plates, top with pumpkin and crumble over feta to serve.