



## Pumpkin Rocca Salad

Pumpkins' sweetness combined with peppery Rocca leaves, walnuts, sharp parmigiana with the tangy balsamic dressing to tie it all up.

**Nutrition Facts/100 grams of Pumpkin:** Calories 288, Protein 8g, Carbs 11g, Fat 26g

Cooking process and additional ingredients added at home will affect the total value.

**Preparation Time:** 10 min, **Cooking Time:** 25



## INGREDIENTS

Pumpkin (500 grams)

Rocca Leaves

Walnuts

Spring Onions

Parmigiano Cheese

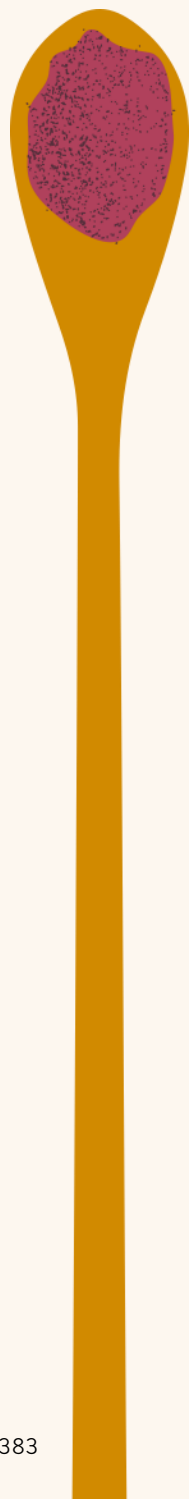
Sea Salt

Olive Oil

Balsamic Vinegar Dressing

# METHOD

1. Preheat oven to 200C
2. Place pumpkin in deep container, add sea salt & olive oil and rub gently until well coated.
3. Line oven tray or shallow baking tray with baking sheet and place pumpkin in single layer. Place in the middle of the oven.
4. Bake for 15 minutes, turn once and bake for 10 minutes further or until soft but not falling apart.
5. Take out from oven and cool to room temperature on counter.
6. In a salad bowl combine baked pumpkin, Rocca leaves, green onions, walnuts and cheese.
7. Shake dressing to homogenize, add to the salad and toss gently then serve immediately.



BON APPETIT