

Warm Lentil and Quinoa Salad with Pumpkin and Yoghurt Sauce



A perfect side dish or a meal on its own. Not only high in minerals from the lentils, but the spiced sweet pumpkin balanced with the tart garlic yoghurt makes for a great flavour combination. Any root vegetable works well in this dish, so check in any left over veggies you have in your fridge!

Ingredients

- 1 tsp coriander seeds, toasted
- 1 tsp fennel seeds, toasted
- 1 tsp cumin seeds, toasted
- 1/2 butternut pumpkin, peeled and cut into wedges
- 2 red onions, cut into wedges
- 400 g canned lentils, rinsed
- 1/2 cup quinoa
- 1 cup water
- 1 tbsp parsley, chopped
- 1 tbsp coriander, chopped

1 tbsp mint, chopped
2 tbsp pepitas, dry roasted
2 tbsp almonds, dry roasted and chopped
1 pomegranate, peeled
extra virgin olive oil, for cooking
Yoghurt dressing:
1 cup greek yoghurt
2 garlic cloves, grated
1 tbsp lemon juice

Method:

1. Preheat the oven 200C.
2. In a mortar and pestle, grind the toasted coriander, fennel, cumin seeds with salt and pepper.
3. On a lined baking tray, spread pumpkin slices and onions and coat with a drizzle of olive oil and the spice mix. Roast in the oven for 20-25 minutes or until tender.
4. For the yoghurt dressing, mix the garlic, yoghurt, lemon juice, salt and pepper. Refrigerate until ready to use.
5. While the vegetables are roasting, cook the quinoa. In a saucepan over medium-high heat, bring water, salt and quinoa to a boil. Reduce heat to low for a gentle simmer and cook for 15 minutes stirring occasionally until the quinoa has absorbed all the liquid. Remove from heat, and cover the pot with a lid to let quinoa sit for a further 5 minutes to steam. When ready, remove the lid and fluff quinoa with a fork. Add the lentils to warm through.
6. In a large bowl, toss the lentil quinoa mix with lemon juice, parsley, coriander, mint and olive oil. Season to taste. Then add the roasted vegetables and gently toss to incorporate.
7. To serve, spread the yoghurt dressing on the serving platter, top with the lentil quinoa mix and garnish with the pepitas, almonds, and pomegranate.