



# Pumpkin and Red Pepper Salad

**List of ingredients**

½ Pumpkin  
1 red pepper

**Dressing**

1 tablespoon balsamic vinegar  
3 tablespoons oil  
1 clove garlic, crushed  
Salt and pepper

*Feeds 4 people.*

**How to cook the dish**

Peel pumpkin, remove seeds and cut into small cubes.

Cook in boiling salted water, steam or microwave until just cooked. Don't overcook as it will mash up.

Drain pumpkin and place in serving bowl and cool.

Cut pepper into thin strips and add to pumpkin.

**Making the dressing**

Mix dressing ingredients together and pour over the vegetables.

Serve hot, warm or cold

**Tip:**

- Add some mesclun salad mix to this recipe.
- Top with toasted pumpkin or sunflower seeds for added crunch.
- Crumble feta cheese on top for another version of the salad.
- You can also use this basic salad and add it to cooked couscous or pasta to make a main course salad.