

HEALTHY WARM BEEF & PUMPKIN SALAD RECIPE



☰ Prep: 10 mins
🕒 Cook: 35 mins
🍴 Servings: 4
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Ingredients

- ▲ 1 kg Japanese, Kent or butternut pumpkin, peeled and cut into 1 1/2cm dice
- ▲ 2 cloves garlic, unpeeled
- ▲ olive or canola oil spray
- ▲ 1 tbs ground cumin
- ▲ 200 g baby spinach or mixed leaves
- ▲ 1 x 400 g can no-added-salt chickpeas, drained
- ▲ 1/2 bunch fresh coriander, chopped
- ▲ 500 g lean beef, fat trimmed
- ▲ 200 g low-fat natural or Greek yoghurt
- ▲ juice of 1/4 lemon
- ▲ 1/2 tsp ground cumin, extra
- ▲ 1/2 tsp honey

Method

1. Preheat oven to 180°C (160°C fan forced).
2. Place pumpkin cubes in a single layer on a oven tray lined with baking paper. Add garlic. Lightly spray with oil, sprinkle with ½ tablespoon cumin and roast in the oven for 25-30 minutes or until tender, turning halfway through cooking.
3. In a large bowl combine spinach, chickpeas and coriander.
4. Lightly spray a large non-stick frypan with oil and place on medium to high heat. Sprinkle remaining cumin onto both sides of steak. Grill for 3 minutes each side or until cooked to your liking. Remove from heat, cover and set aside to rest for 3 minutes before slicing thinly.
5. To make dressing, squeeze cooked garlic out of its skin and mash in a small bowl. Add in yoghurt, lemon juice, extra cumin and honey; mix to combine.
6. To serve, divide salad ingredients among serving plates then top with pumpkin and beef. Pour dressing over salad just before serving or serve in individual dishes on the side.

Variation:

Add 300g blanched green beans or asparagus. Include other salad ingredients such as cherry tomatoes or sliced cucumber, radish or red onion. Replace chickpeas with drained no-added-salt cannellini beans, butter beans or four bean mix.

Nutrition Information

	per serving	per 100g
Energy	1421 kJ	385 kJ
	340 Cal	92 Cal
Protein	38 g	10 g
Fat, total	8 g	2 g
— saturated	2 g	0.6 g
Carbohydrate	23 g	6 g
— sugars	12 g	3 g
Sodium	256 mg	69 mg
Fibre	8 g	2 g