

# PUMPKIN AND BUTTER BEAN SALAD



Traffic light category: **Green**

Serves: **6**

## Ingredients

- 500g jap pumpkin, peeled, cut into chunks
- 1 small red onion, cut into quarters
- 4 tablespoons olive oil
- 400g tin butter beans, rinsed and drained
- ½ cup Greek or natural yoghurt
- ½ bunch parsley, leaves picked
- 2 tablespoons pepitas
- 2 tablespoons walnuts
- Black pepper

### Dressing

- 1 cup parsley leaves
- 1 cup mint leaves
- ¼ cup apple cider vinegar
- ⅓ cup extra virgin olive oil
- Pinch chilli flakes
- 1 clove garlic (optional)

## Method

1. Preheat oven to 200C°
2. Line a large baking tray with grease proof paper, place pumpkin and red onion quarters on tray, toss with olive oil, bake for 35-40 minutes
3. While veggies are baking make the dressing by placing all ingredients in a food processor or blender and blitz to combine
4. Once veggies are cooked, allow to cool, then toss with butter beans, parsley, pepitas, walnuts and season with sea salt and black pepper
5. Spoon half onto serving platter, dollop half the yoghurt and half the dressing, then repeat and serve.

*Recipe adapted with permission from the  
Western Australian School Canteen Association Inc.  
Original recipe from The Brown Paper Bag.*

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08 9264 4999 | [fueltogether@education.wa.edu.au](mailto:fueltogether@education.wa.edu.au)