

Roast Pumpkin Tabbouleh

Ingredients:

- 1 piece pumpkin
- 1 teaspoon cumin
- 2 table spoons sunflower oil
- ½ cup burghul, prepared to pack directions
- 1 large tomato
- 1 large bunch parsley
- 1 small bunch mint
- 2 spring onions
- 2 table spoons pepitas, toasted and crushed
- Juice of 1 or 2 lemons
- 3 table spoons extra virgin olive oil

What to do:

- 1) Preheat oven to 220c.
- 2) Dice the pumpkin small and toss with sunflower oil, cumin, salt and pepper.
- 3) Roast pumpkin until tender and coloured on the edges. Around 30mins.
- 4) Meanwhile combine burghul, finely chopped tomato, chopped parsley and mint, finely sliced spring onions, pepitas, lemon juice and olive oil.
- 5) Gently mix with roasted pumpkin and serve.