



# Pumpkin, broccoli and kale salad with roasted garlic dressing

**Season:** Autumn, winter, spring  
**From the garden:** Pumpkin, broccoli, kale  
**Type:** Salad  
**Difficulty:** Easy  
**Country of origin:**  
**Serves:** 6 serves or 30 tastes  
**Source:** [everylastbite.com](http://everylastbite.com)

## Equipment

- \*chopping board
- \*knife
- \*measuring cup
- \*measuring spoons
- \*baking tray
- \*baking paper
- \*salad bowl
- \*colander
- \*blender
- \*frying pan

## Ingredients

- \*2 small head broccoli
- \*4 cups cubed pumpkin
- \*1 red onion
- \*4 cloves garlic
- \*2 tbsp oil
- \*1 tsp salt
- \*2 handfuls of kale
- \* $\frac{1}{3}$  cup olive oil
- \*2 tbsp balsamic vinegar
- \*black pepper to taste
- \* $\frac{1}{3}$  cup nuts or seeds

## **Method**

- 1. pre-heat oven to 220 degrees**
- 2. peel the pumpkin (will already be peeled for this session) and cut into small cubes**
- 3. wash the broccoli and cut the florets into bite size pieces**
- 4. cut the onion into 8ths and pull apart**
- 5. put pumpkin, broccoli, onion and garlic cloves (unpeeled) on the baking tray and mix with 2 tbsp of oil**
- 6. sprinkle 1 tsp of salt over and place in the oven to roast for around 20 min.**
- 7. wash and drain the kale, remove the ribs and tear into bite size pieces**
- 8. add the kale to a salad bowl and sprinkle with a pinch of salt**
- 9. massage the kale by scrunching it with your hands for around 1 minute to tenderize it**
- 10. after 20 min. take the tray with the roasted vegetables out of the oven and squeeze the garlic out of its peel**
- 11. add the garlic with the  $\frac{1}{3}$  cup of olive oil, balsamic vinegar, and pepper to a blender and blizz until smooth**
- 12. add the nuts or seeds to dry frying pan and toast until lightly browned, then chop them up roughly (if using nuts, no need if using seeds)**
- 13. to assemble the salad, add the roasted vegetables and chopped nuts or seeds to the salad bowl with the kale, pour the dressing over and mix well**

**Notes: to “tenderize” means to soften something (making it tender)**

**Skills: measuring, *mixing*, *cutting***