

INGREDIENTS

- 3/4 cup black rice or riceberry
- 2 tsp cumin seeds
- 2 tsp ground coriander
- 1/3 cup extra virgin olive oil
- 800g pumpkin (cut into 1cm-thick wedges)
- 1 red onion (cut into thin wedges)
- 1 tbs lemon juice
- 1 long red chilli (finely chopped)
- 125g can red kidney beans (drained & rinsed)
- 1/3 cup fresh coriander sprigs
- 1 avocado (cut into wedges)

TO SERVE

- Sprigs fresh coriander

INSTRUCTIONS

1. Preheat oven to 200C/180C fan-forced. Line a large baking tray with baking paper. Cook rice as per packet instructions then drain, refresh straight away under cold water, and drain again. Transfer to a large heatproof bowl
2. Meanwhile, combine cumin seeds, ground coriander and 2 tbs oil in a large bowl. Add pumpkin and red onion and toss to coat. Transfer to prepared tray. Roast for 20 to 25 minutes or until pumpkin is golden and tender
3. Place lemon juice, chilli and remaining oil in a small bowl. Whisk to combine
4. Add beans and half the fresh coriander to rice. Toss to combine. Spoon 3/4 of the rice & bean mix onto a serving tray
5. Cut pumpkin wedges into chunks and then arrange the mixture and avocado on top of rice. Sprinkle with remaining rice. Top with remaining coriander sprigs. Drizzle with dressing. Serve

TOP TIP

If you taste your dressing and feel it needs a little sweetness, try adding a small amount of sugar or honey.



Spiced Pumpkin & Rice Salad



4 servings



45 minutes

This salad is delicious on its own, and the perfect dish if you need to take something along to a pot luck dinner.

The flavours also lend themselves to proteins like poached fish, or even steak, turning this salad into a full and well-balanced meal.