



# Pumpkin butter bean salad

Recipe sourced from The Brown Paper Bag, Published, 2023

Traffic light category: **Green** Serves: 6

## Ingredients

- 500g jap pumpkin, peeled, cut into chunks
- 1 small (100g) spanish 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 (*omit these for schools and replace with currants*)
- Pepper to taste

## Chimichurri 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 spanish onion quarters on a tray, toss with olive oil, bake for 35-40 minutes
3. While veggies are baking make the chimichurri 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 pepper
5. Spoon half onto serving platter, dollop half the yoghurt and half the chimichurri dressing, then repeat and serve.



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