



APPETITE  **THE WILD**
Cook • Fish • Hunt



by MELISSA FROHLOFF

Pumpkin, spinach and bunya nut salad

Ingredients

- 600g kent pumpkin, cut in 1cm slices, deseeded and skinned.
- 100g Greek-style feta, crumbled.
- 120g packet spinach leaves.
- 1/2 small red onion, finely sliced.
- 100g sliced bunya nuts, cooked.
- 100ml Kewpie sesame and soy dressing.
- 2 tbsp extra virgin olive oil.

Method

1. Coat pumpkin in extra virgin olive oil and cook over the grill on the barbecue until soft. Allow to cool and dice into 1cm portions.
2. Place spinach, onion, feta, bunya nuts and pumpkin in a bowl. Drizzle with sesame and soy dressing, lightly toss. Serve immediately.

Prep time: 10 min | Cook time: 15 min | Serves 6