



Crunchy Roast Pumpkin & Seedy Coleslaw

Recipe by Kirsten Bacon, The Kingborough Cook

 50 minutes

INGREDIENTS

For the coleslaw:

- 1 small cabbage, shredded (or 2–3 finely sliced broccoli stalks)
- 100g red cabbage, shredded
- 300g roasted pumpkin, cut into cubes
- 1 carrot, grated
- 1 handful dried cranberries or goji berries
- 2 tbsp toasted pumpkin seeds
- 2 tbsp toasted sunflower seeds
- 2 tbsp toasted sesame seeds
- 1 stick celery, finely chopped

For the dressing:

- 3 heaping tbsp mayonnaise or Greek-style yogurt (add more if you like it extra creamy)
- Alternative: Use a simple French dressing if preferred
- 1 tbsp apple cider vinegar
- 1 tsp organic honey
- ½ tsp sea salt
- ½ tsp freshly ground black pepper

DIRECTIONS

1. In a large salad bowl, combine the cabbage, red cabbage, celery, carrot, and dried berries.
2. Lightly toast the pumpkin, sunflower, and sesame seeds in a dry frying pan or on a tray in the oven.
3. In a small bowl, whisk together the mayonnaise (or yogurt), vinegar, honey, salt, and pepper until smooth.
4. Pour the dressing over the salad and toss until everything is well coated.
5. Just before serving, mix in the toasted seeds for extra crunch.

NOTES

You can swap the pumpkin for sweet potato—it works beautifully too.



Sundays

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