

Low FODMAP Roast Pumpkin, Halloumi & Millet Salad with Lemon Herb Dressing

Serves: 4

Prep: 5 minutes

Cook: 55 minutes



Ingredients	Metric	Imperial
1 tsp olive oil	5 g	0.2 oz
½ Japanese pumpkin, cut into large pieces	1000 g	35.3 oz
1 tsp cumin	2 g	0.07 oz
1 tsp cinnamon	2 g	0.07 oz
1 tsp paprika	2 g	0.07 oz
Canned brown lentils	200 g	7 oz
1 cup cooked millet	125 g	4.4 oz
1 tbsp currants	15 g	0.5 oz
2 cups rocket	75 g	2.6 oz
1 tbsp pine nuts	14 g	0.5 oz
1 tsp pumpkin seeds	3 g	0.1 oz
Halloumi cheese, cut into 1cm thick slices	150 g	5.3 oz
1 bunch coriander, roughly chopped		
Juice of 2 lemons		
¼ cup olive oil	62 g	2.2 oz
½ tsp cumin	1 g	0.04 oz
½ tsp ground coriander	1 g	0.04 oz
Salt and pepper to taste		

Method

1. Pre heat oven to 180°C/350°F. Toss pumpkin in oil, paprika, cumin and cinnamon and place on lined baking tray. Roast in oven for 45 minutes or until tender.
2. In the meantime, drain and rinse lentils well. Add lentils, millet, currants and rocket to a salad bowl.
3. In a frying pan, add pumpkin seeds and pine nuts and lightly toast. Stir frequently and remove from heat once golden brown. Add to salad bowl.
4. Preheat a nonstick frying pan over a high heat. Place halloumi slices in the pan, sear the first side for one minute and flip and sear for 1-2 minutes on the second side. The cheese should be golden and crunchy on the outside and soft inside. Once cooked, remove and add to salad bowl.
5. Remove the cooked pumpkin from the oven and add to the salad bowl.
6. Add all the dressing ingredients to a jar and shake to combine. Pour dressing over salad and gently toss salad together.

Hints

- To make this recipe suitable for vegans or dairy free, omit halloumi cheese or replace with suitable dairy-free cheese alternative
- Halloumi cheese can be quite high in salt, so we recommend choosing a salt-reduced variety if available

Nutrition Information (per serve)	
Energy	1952 Kj / 467 cal
Protein	19.20g
Carbohydrates	30.90g
Sugar	17.30g
Total Fat	28.00g
Saturated Fat	7.90g
Fibre	8.80g