



Roast Pumpkin and Sweet Corn Salad

Pumpkin is a very good source of Vitamin A, Vitamin C, Vitamin E, Riboflavin, Potassium, Copper and Manganese.

Ingredients | Method

2 tsp ground cumin
2 tsp ground cinnamon
1 tsp brown sugar
½ Japanese or Kent pumpkin, skin on, seeded, cut into wedges
Sea salt and ground black pepper

60 ml (¼ cup) olive oil
2 sweetcorn on the cob, husks and silk removed
100g pepitas (pumpkin seed kernels)
1 avocado, thinly sliced
1 bunch coriander, leaves only, roughly chopped

Tahina sauce

100g (1/3 cup) tahini (sesame paste) ½ clove garlic, crushed
Juice of ½ lemon, or to taste ½ tsp sea salt and ground black pepper
100ml water

Preheat the oven to 200°C. Line a baking tray (or use a non-stick baking tray).

- 1 In a small bowl, mix the cumin, cinnamon and brown sugar together and sprinkle over both sides of the pumpkin wedges. Lay the pumpkin side by side on the prepared tray. Season with salt and pepper, drizzle with the olive oil and roast for 20 minutes or until soft and just starting to brown at the edges.
- 2 In the meantime, bring a saucepan of salted water to the boil and cook the sweetcorn for 4 minutes. Remove the sweetcorn with tongs and with a sharp knife, cut sections of the kernels off the cob, leaving some strips of kernels intact where possible.
- 3 In a small dry frying pan, toast the pepitas over medium heat for 5 minutes or until they start to pop and turn brown. Remove and set aside.
- 4 To make the tahina sauce, in a bowl, place the tahini and lemon juice and mix until thick. Add the water slowly, stirring until a runny sauce forms. Don't worry, it will thicken before becoming runny. Add the garlic, salt and pepper. Cover with plastic wrap and smoke for 3 minutes. Stir the tahina sauce, re-cover and smoke for an additional 3 minutes. (Smoking the sauce is optional.)
- 5 On a serving platter, arrange the pumpkin slices and drizzle with half of the tahina sauce. Sprinkle with the sweetcorn, pepitas, avocado and coriander, leaving some for garnish. Drizzle with the remaining tahina sauce, then scatter with the garnish.

The easiest way to smoke the sauce is to put the sauce in a small bowl inside a large bowl. Heat up some olive dust in a pan until it starts smoking. Pour it into the big bowl and cover with cling wrap for 5 minutes.

Recipe #22 – courtesy of El Perro Tapas & Bar

El Perro brings the taste of Spanish and Latin food to Tasmania's Central Coast. With a modern menu, complemented by Spanish wines, beers and authentic Sangria, your lunch and dinner experiences will give you that Mediterranean escape! The restaurant is located in an absolute beachfront position in Penguin and offers indoor and outdoor seating.



Opening hours

Wednesday-Friday: 5.30pm to late
Saturday: 11am-3pm | 5.30pm to late
Sunday: 11am-4pm
Friday night music



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