

Caramelised Pumpkin, Prune & Farro Salad with Smoked Paprika Maple Dressing



Aus Prunes

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A delicious accompaniment to BBQ meals or with poultry, game meats, or a piece of pork or lamb.

SERVES: 4 | LEVEL OF DIFFICULTY: ●○○

The Salad

INGREDIENTS

- ½ jap pumpkin, diced
- 100g almonds with skins, roasted & chopped
- 1 red onion sliced firm
- 1 bunch flat leaf parsley
- 150g farro
- ½ baby frisee
- 100g **Australian prunes**, chopped
- 1 bunch dill, picked off stem

METHOD

1. Heat oven to 180°C. Make dressing and mix 1/3 over diced pumpkin. Line a flat tray with baking paper and roast for 50mins turning once. Cool. Set aside.
2. Boil farro in 2L of salted water for 25mins or until cooked. Strain and cool.
3. Strain remaining dressing into jug.
4. Place all remaining ingredients in a bowl. Add farro and cooled pumpkin.

The Dressing

INGREDIENTS

- 150ml maple syrup
- 80ml sherry vinegar
- 1 bay leaf
- 1 tbsp smoked paprika
- 150ml olive oil
- 2 garlic cloves, crushed

5. Add dressing and mix gently.
6. Serve on a platter and add more fresh herbs, dressing and season well with sea salt and fresh pepper.
7. For a nice indulgence, sprinkle over fresh ricotta, goat's cheese or good Persian fetta. A perfect Autumn salad.



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