



**READY TO COOK**  
BY HARRIS FARM

## PERSIAN STYLE ROASTED PUMPKIN W/ CANNELLINI BEANS, SALSA VERDE AND BEETROOT



PREP  
**15 min**



COOK  
**1 hour**



SERVES  
**4**

### INGREDIENTS:

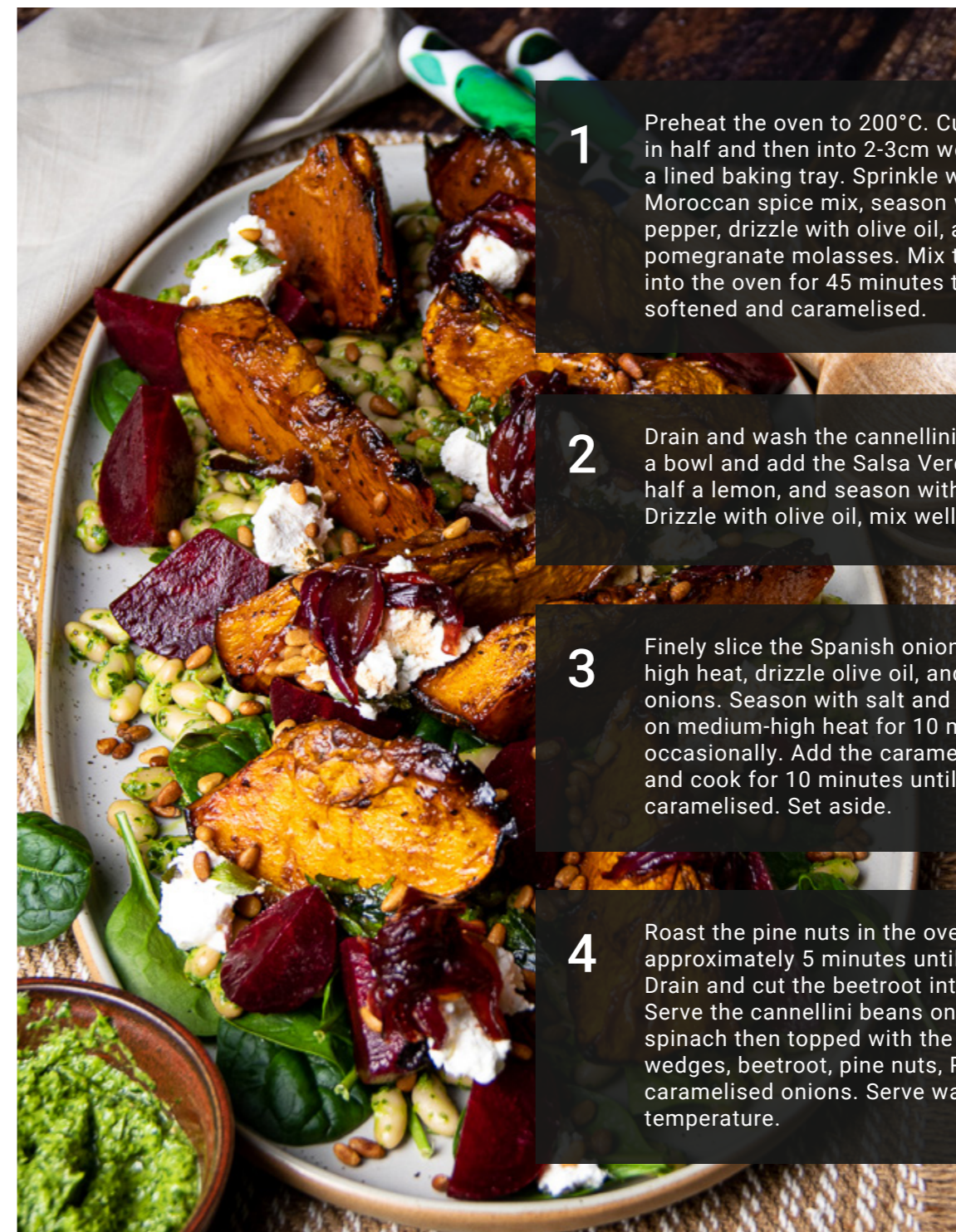
- > ¼ Kent Pumpkin
- > 800g Cannellini beans
- > 125g Salsa Verde
- > 1 Spanish Onion
- > 335g Persian Feta
- > 20g Pine Nuts
- > 250g Baby Beetroots
- > 60g Spinach
- > 1 Lemon
- > 1 ½ Tbsp Pomegranate Molasses
- > 1 tsp Moroccan spice mix

### WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive oil
- > Salt and pepper
- > 2 Tbsp Caramelised Balsamic Vinegar
- > 1 tsp Cumin

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## METHOD - GET COOKING!



**1**

Preheat the oven to 200°C. Cut the pumpkin in half and then into 2-3cm wedges. Place on a lined baking tray. Sprinkle with cumin and Moroccan spice mix, season with salt and pepper, drizzle with olive oil, and drizzle with pomegranate molasses. Mix together and place into the oven for 45 minutes to 1 hour until softened and caramelised.

**2**

Drain and wash the cannellini beans. Place into a bowl and add the Salsa Verde, the juice of half a lemon, and season with salt and pepper. Drizzle with olive oil, mix well and set aside.

**3**

Finely slice the Spanish onion. Bring a pot to high heat, drizzle olive oil, and add the sliced onions. Season with salt and pepper and cook on medium-high heat for 10 minutes, stirring occasionally. Add the caramelised balsamic and cook for 10 minutes until sticky and caramelised. Set aside.

**4**

Roast the pine nuts in the oven for approximately 5 minutes until golden brown. Drain and cut the beetroot into quarters. Serve the cannellini beans on a bed of spinach then topped with the pumpkin wedges, beetroot, pine nuts, Persian Feta and caramelised onions. Serve warm or at room temperature.

### CHEF'S TIPS FOR COOKING AND LEFTOVER...

- There won't be any leftovers this time!



### FEEDBACK OR QUESTIONS?

Shoot us an email at:  
[online@harrisfarm.com.au](mailto:online@harrisfarm.com.au)

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