



READY TO COOK
BY HARRIS FARM

ROASTED PUMPKIN, WILD RICE, FARRO AND POMEGRANATE SALAD



PREP
15 min



COOK
40 min



SERVES
4-6

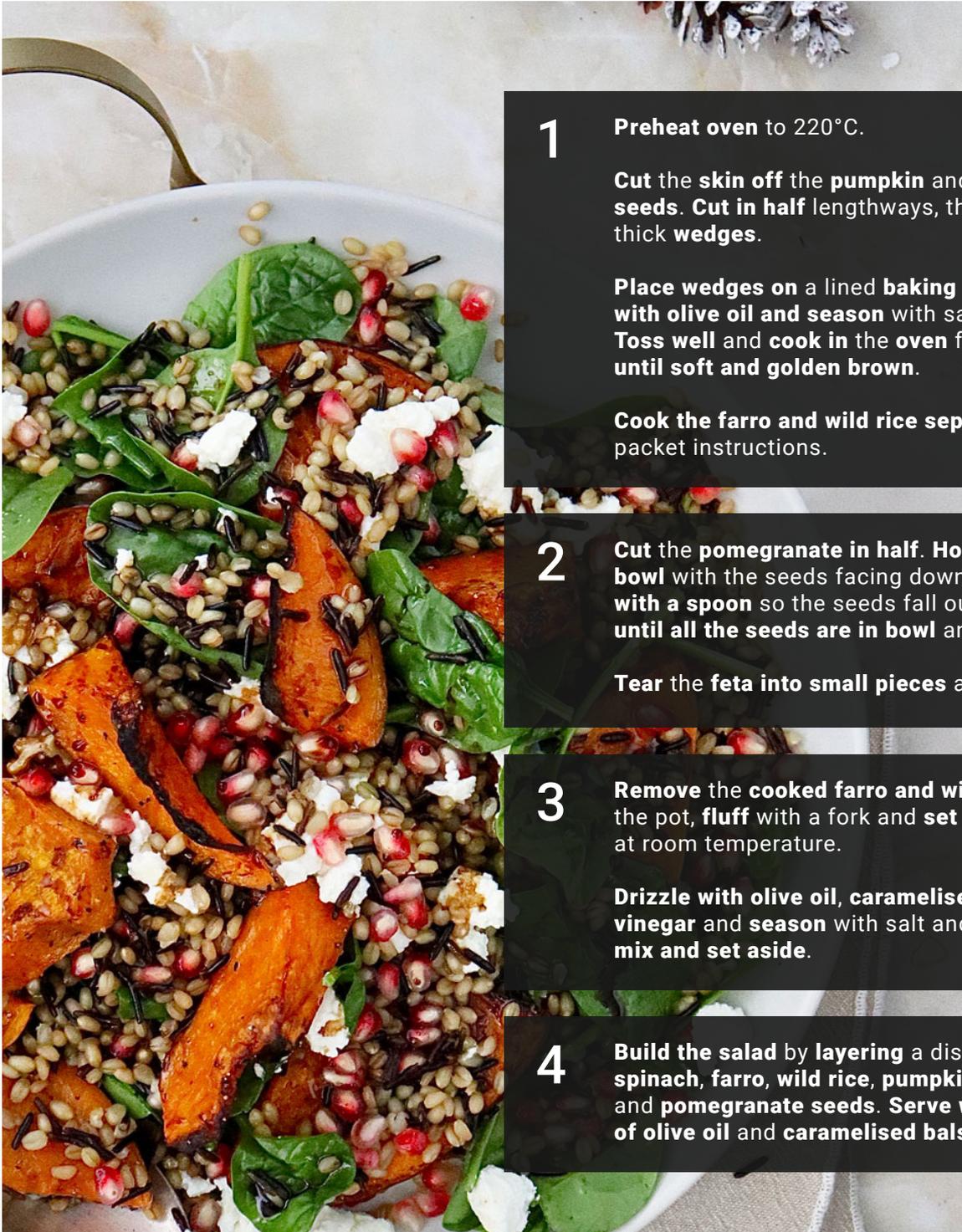
INGREDIENTS:

- > ¼ Pumpkin
- > 1 Cup Farro
- > 150g Wild Rice
- > 1 Pomegranate
- > 100g Danish Feta
- > 120g Baby Spinach

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil
- > Salt and Pepper
- > Caramelised Balsamic

METHOD – GET COOKING!



1

Preheat oven to 220°C.

Cut the skin off the pumpkin and remove seeds. Cut in half lengthways, then **into 2cm thick wedges**.

Place wedges on a lined baking tray, drizzle with olive oil and season with salt and pepper. **Toss well and cook in the oven** for 35 minutes **until soft and golden brown**.

Cook the farro and wild rice separately as per packet instructions.

2

Cut the pomegranate in half. Hold half over a bowl with the seeds facing down and **tap skin with a spoon** so the seeds fall out. **Repeat until all the seeds are in bowl** and **set aside**.

Tear the feta into small pieces and **set aside**.

3

Remove the cooked farro and wild rice from the pot, **fluff** with a fork and **set aside to cool** at room temperature.

Drizzle with olive oil, caramelised balsamic vinegar and **season** with salt and pepper, then **mix and set aside**.

4

Build the salad by layering a dish with **spinach, farro, wild rice, pumpkin, feta cheese** and **pomegranate seeds**. **Serve with a drizzle of olive oil** and **caramelised balsamic**.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- Fluffing the farro and rice allows them to release steam.

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



FEEDBACK OR QUESTIONS?

Shoot us an email at:
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