Pumpkin & bean salad

Recipe Source: Women’s weekly Salad

Equipment: 
- Baking dish
- Large bowl
- Colander
- Mixing spoons
- Small jug
- Measuring spoons
- Measuring cups
- Zester
- Juicer
- Medium Pot

Ingredients: 
- 1 ½ cups dried white beans
- 1kg pumpkin
- 250g salad leaves
- 1 cup parsley
- 1 Tbl sp coriander
- 2 Tbl sp sunflower seeds
- ¼ cup lemon juice
- 1 Tbl oil
- 2 tsp chives
- 2 tsp lemon zest
- ½ tsp white sugar

What to do:
1. Place the beans in a large bowl and cover with water and leave to soak overnight.
2. Drain and place in the pot and cover with water. Bring to the boil, turn to a simmer and cook for 15 minutes or the beans are tender.
3. Peel and cut the pumpkin into 3cm dice, place in the baking tray and drizzle with a little oil, place in a 200 oven and cook for 40 minutes or golden and tender.
4. Wash the salad leaves and spin dry.
5. Zest and juice the lemon and place into the jug, add the sugar chives and oil and mix together well.
6. Place the pumpkin, beans and leaves into a bowl and toss together gently.
7. Chop the parsley and coriander and add to the bowl and toss again.
8. Pour over the dressing and place in a serving bowl and sprinkle over the sunflower seeds just before serving.