

COLDPRESSED

the Good Oil



50% LESS
SATURATED FAT
THAN OLIVE OIL

IDEAL FOR FRYING,
ROASTING, DRESSING
AND BAKING

GROWN
AND PRESSED IN
NEW ZEALAND

Jess MacLennan's Warm Winter Salad

Ingredients:

- 1 medium-sized butternut pumpkin, (skin on) cut into 2cm pieces
- 4 carrots, cut in half lengthways & then crossways
- 2 Tbsp The Good Oil
- 1 Tbsp honey or maple syrup
- Salt & Pepper to taste
- 4 large handfuls of baby spinach or rocket
- ¾ cup chopped walnuts
- 6-8 dates, roughly chopped

Dressing:

- 2 Tbsp balsamic vinegar
- 2 tsp honey or maple syrup
- 2 Tbsp The Good Oil
- 1 Tbsp wholegrain mustard

Preparation:

Preheat oven to 180 C. Toss the pumpkin, carrots, oil and maple syrup on a non-stick roasting tray and season with salt & pepper. Roast in the oven for 25-30 minutes until golden and caramelised.

Toast walnuts in a dry frying pan for a few minutes and set aside. Put all of the dressing ingredients in a clean jar and shake well to combine.

In a large bowl, place the pumpkin, carrot, spinach leaves, walnuts and dates. Add the dressing and toss to combine.

Tips:

Serve alongside your favourite cut of meat or add a can of chickpeas for a vegetarian option. This is also delicious with some crumbled feta and/or some sliced pear.

Fresh herbs like sage and basil are also nice. I make this on Sunday night and take it for lunch on Monday and Tuesday with some smoked salmon. Just add the dressing as you are about to serve.