Posted on 17 April 2016

by Yes Chef!

Chargrilled Prawn, Pumpkin and Lentil Salad



Ingredients

500g pumpkin, peeled, cut into 2cm cubes
60ml (1/4 cup) olive oil
1 tsp cumin seeds
300g (1 1/2 cups) French-style green lentils
1 lemon, zest peeled into thin strips, juiced
1 red onion, thinly sliced
1 cup mint leaves
1 kg medium prawns, peeled with tails intact, cleaned

Preparation

1. Preheat oven to 200C. Line an oven tray with baking paper. Place pumpkin on tray, drizzle with 2 tsp oil, sprinkle with cumin seeds and season with salt and freshly ground black pepper. Bake for 20 minutes or until tender.
2. Meanwhile, cook lentils in a large saucepan of boiling water for 15 minutes or until tender. Refresh under cold running water, drain well and place in a large bowl.
3. Meanwhile, place a chargrill pan over high heat. Drizzle prawns with 2 tsp oil. Working in 2 batches, cook prawns for 2 minutes each side or until golden and just cooked.
4. Add pumpkin, three-quarters of lemon zest, juice, onion, mint and remaining 2 tbs oil to lentils and season. Gently toss to combine. Divide salad among plates, top with prawns and scatter with remaining zest to serve

Cooks Note

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