



---

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

SEE ALSO: Yes Chef! Catering Latest Promotions and Offers