



# Pumpkin and bacon salad

30'  
Hands on

35'  
Cook Time

8-10  
Portion(s)

1  
Difficulty



## Method

### For the salad

- Preheat the oven to 200° C (390° F) set to fan.
- Remove the seeds of the pumpkin and leave the skin on. Then, cut it into wedges and place them, skin side down, into a baking pan.
- Add olive oil, salt, pepper, rosemary, the cloves of garlic whole, and bake for 25-35 minutes.
- Place a frying pan over high heat and add the bacon. Sauté for 1-2 minutes on each side, until golden brown. Remove and cut it into strips.

### For the dressing

- In a serving bowl add the mustard, the honey, the tahini, the vinegar, and mix.
- Add the olive oil very slowly and whisk constantly until the dressing thickens. Add salt, pepper, and mix.

### To assemble

- Put the salad into the bowl, add the pumpkin, the bacon, the cherry tomatoes, and the smoked cheese cut into cubes.
- Mix and serve.

## Ingredients

### For the salad

- 1 kilo pumpkin
- 2 tablespoon(s) olive oil
- salt
- pepper
- 2-3 sprig(s) rosemary
- 2 clove(s) of garlic
- 100 g bacon, piece
- 260 g green salad
- 100 g cherry tomatoes
- 100 g smoked cheese

### For the dressing

- 1 tablespoon(s) mustard, Dijon
- 1 tablespoon(s) honey
- 1 tablespoon(s) tahini
- 2-3 tablespoon(s) vinegar
- 50 g olive oil
- salt
- pepper

## Διατροφικός πίνακας

### Nutrition information per portion

|                           |                       |                             |                           |
|---------------------------|-----------------------|-----------------------------|---------------------------|
| 192<br>Calories<br>(kcal) | 14.0<br>Total Fat (g) | 3.6<br>Saturated<br>Fat (g) | 8.1<br>Total Carbs<br>(g) |
| 10%                       | 20%                   | 18%                         | 3%                        |
| 5.4<br>Sugars (g)         | 6.9<br>Protein (g)    | 1.9<br>Fibre (g)            | 1.0<br>Sodium (g)         |
| 6%                        | 14%                   | 8%                          | 17%                       |