

Spicy roast pumpkin, feta, watercress & olive salad

Seasonal flavours are used to produce this simple, tasty lunch recipe from this month's guest chef Will Greenstock from The Horse & Groom in Bourton-on-the-Hill. This kind of salad is all about assembling the ingredients with minimal cooking involved – for a quick, budget-friendly lunch, it couldn't be easier!

Serves 4

Ingredients:

3 tbsp olive oil
½ tsp ground cumin
½ tsp cayenne pepper
pinch of salt & pepper
800g pumpkin, deseeded and cut into thin wedges (you can leave the skin on)
100g watercress, washed
200g feta, drained & crumbled
20 kalamata olives, pitted

Dressing:

1 tbsp red wine vinegar
60ml olive oil
1 shallot, finely sliced
½ tsp dijon mustard

Method:

1. Place the olive oil, cumin, cayenne, salt and pepper in a bowl and stir to combine.
2. Add the pumpkin and stir to coat.
3. Transfer to a roasting tin and bake for 30 minutes, or until pumpkin is tender and slightly caramelised.
4. Whisk dressing ingredients together in a bowl until combined.
5. Divide the watercress among four plates and scatter pumpkin, feta and olives over the top.
6. Drizzle with the dressing.

To drink:

Our wine expert, Matt from Vinology, recommends **Omrah Pinot Noir £11.29**

“This is a classic Aussie Pinot Noir: vibrant and mellow in style with a forceful bombardment of fresh cherry and strawberry fruit preceding a long-lasting but supple finish.”