Pumpkin-mango salad with feta cheese, mint and tomato



Ingredients

4

- ½ pumpkin
- 1 mango
- 50 g pumpkin seeds
- 50 g almond flakes
- 1 dl olive oil
- 200 g feta cheese
- 1 lemon
- 2 handfuls mint, chopped 10 g Bresc Ras el hanout 20 g Bresc Harissa
- 2 beef tomatoes
- salt and pepper

Used Bresc products



Bresc Harissa spice mix 450g



Bresc Ras el hanout spice mix 450g

Preparation method

Preheat the oven to 200 degrees.
Brown the almond flakes in the oven until golden-brown.
Peel the pumpkin, and chop it into pieces. Flavour the pumpkin with the ras el hanout and a little olive oil. Roast it for 15 to 20 minutes, until it is tender and golden-brown. Season with salt and pepper and the grated peel and juice from the lemon.
Roast the pumpkin seeds in a dry frying pan and add a little salt.
Peel the mango and chop it into pieces.
Drop the tomatoes in boiling water, then iced water to peel them and remove the seeds. Chop the flesh into concassé.
Flavour the mango, tomato and pumpkin with the harissa, half the chopped mint and olive oil. Crumble the feta cheese into it. Season with salt and pepper and garnish with the pumpkin seeds, the almond flakes and the remaining mint.

Bresc BV Jakobsstaf 6 4251 LW Werkendam The Netherlands T. +31 (0) 183 200 000