

# Beach House Brekkie

Oven-baked Pumpkin, Roasted Peppers, Beetroot, Lentils, Goats Cheese, Poached Egg, Rocket Leaves and Raspberry Dressing\* V, LF

Allergens – Garlic, Seeds

## Ingredients

400 g pumpkin, skin on and finely sliced	2 tbsp extra virgin olive oil
8 cooked baby beetroot, halved	1/2 red onion finely diced
100 g cooked brown lentils	1 tbsp red wine vinegar
100 g roasted red peppers, peeled, cut into dices	150g crumbled goat's cheese
	4 poached eggs
	Toasted pumpkin seeds

## Dressing

Salt and pepper to taste
1/2 clove garlic minced
3 tbsp extra virgin olive oil
1/2 tbsp raspberry vinegar
1/2 tsp Dijon mustard

## Method

1. Heat a grill plate on medium-high heat.
2. Coat pumpkin wedges with a little oil on each side.
3. Cook each side 4-6 minutes. Sprinkle with salt and set onto baking tray. Cook in the hot oven till very soft and lightly browned.
4. Pat beetroot dry with paper towel. Cook on hot, clean grill for 2 minutes, until charred slightly. Set aside.
5. In a small bowl, cover red onion slices with red wine vinegar and a pinch of salt and pepper.
6. Dress lentils and roasted peppers with a little salt, pepper and olive oil.
7. Arrange rocket leaves on a serving platter, followed by grilled pumpkin, beetroot, lentils, peppers, red onions and its vinegar and goat's cheese.
8. Whisk up dressing ingredients in a small bowl and pour over arranged salad, then top with a poached egg per portion.
9. Sprinkle with toasted pumpkin seeds.