

Indian-Spiced Vegan Warm Pumpkin Salad

Ingredients

- 1 small pumpkin (about 1.5lb)
- 1 tsp. vegetable oil (+ more for roasting)
- ½ tsp. salt (+ more for roasting)
- 1 shallot
- 1 jalapeño (or other chili pepper)
- 1 clove of garlic
- 1-inch piece of fresh ginger
- 1 tsp. brown mustard seeds
- 1 tsp. sesame seeds
- 1 tsp. cumin seeds
- ¼ cup raw cashew pieces
- 1 tbsp. unsweetened coconut flakes
- 2 tsp. apple cider vinegar

Steps

1. Preheat the oven to 400°F (200°C). Prepare a baking sheet with a little oil, and set aside.
2. Cut the pumpkin in half and remove the seeds. Chop it into smaller slices, cutting on the lines on the pumpkin to make removing the skin later easier. Place on the greased baking sheet, sprinkle with salt, and bake until it is easily pierced with a fork (25-60 minutes).
3. While the pumpkin is cooking, finely mince the garlic and ginger. Seed and chop the jalapeño and dice the shallot. Place the vegetables in a large mixing bowl. When the pumpkin is cooked, let it cool enough to be handled. Then remove the skins from the flesh (I used a grapefruit spoon for this, and it worked very well), chop the pumpkin into bite-sized pieces, and add to the bowl.
4. Heat 1 tsp. of vegetable oil in a small skillet, and add the salt, sesame, mustard, and cumin seeds. Cook until the seeds start popping, then add the coconut and cashews. Stirring often cook a few more minutes until the coconut starts to brown.
5. Scrape all the seeds and oil over the pumpkin in the bowl, add the apple cider vinegar, and stir, mashing the pumpkin slightly, so some is smashed and there are some pieces. Add more salt, to taste, and serve warm.

