Pumpkin and Asparagus Salad

Ingredients:
1 wedge of pumpkin
1 bunch of asparagus
1/2 a head of lettuce
1/4 cup of pine nuts
1/4 cup of sultanas
Olive oil

Dressing:
2 tablespoons of lemon, lime or orange
Zest of 1 citrus fruit. (lemon, lime)
4 tablespoons of olive oil
Some herbs (your choice).

Method;
• Dressing - Put all ingredients into a jar and shake.
  or
• Put all ingredients into a bowl and stir.

Salad;
Pre heat the oven 180° deg
Peel and cut the pumpkin into small pieces (about 1.5 cm cubes)
Drizzle the pumpkin with some olive oil.
Place on a baking tray then into the oven until it is soft. 10min plus depending on the size.
Put the pine nuts into a dry small fry pan and lightly toast them until golden brown .
Asparagus can be steamed / boiled or char grilled, until slightly tender.
In a large bowl add all ingredients and mix well then put into serving dishes.