

# Peppery Leaves with Tamari Pumpkin Seeds

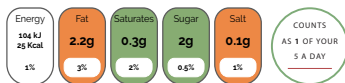


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**SERVES 4, VEGAN**

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## INGREDIENTS:

100g pumpkin seeds  
2 tbsps. of tamari soy  
sauce  
4g rocket  
40g watercress

40g chard  
1 tbsp of olive oil

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## EQUIPMENT:

Baking tray  
mixing bowl  
serving bowl

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## METHOD:

1. Mix the pumpkin seeds with the tamari and spread out on a baking tray.
  2. Place in a preheated oven on 150°C For 10 minutes.
  3. Combine all the ingredients together and ready to serve.
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