**Late-summer tomato & carrot salad**

Serves 6

* 600g mixed ripe tomato, such as red and yellow cherry, plum and medium vine
* 2 medium carrots, peeled and finely shredded or grated
* bunch spring onions, trimmed and finely chopped
* 1 red chilli, deseeded and finely chopped
* 25g pumpkin seed
* 3 tbsp extra virgin olive oil
* 2 tbsp balsamic vinegar

1. Chop the large tomatoes, halve the cherry ones and tip into a large serving bowl.
2. Add the carrots, spring onions, chilli and pumpkin seeds, and toss together.
3. Mix the extra virgin olive oil with the balsamic, a pinch of salt and a good grinding of black pepper.
4. Pour over the tomatoes and toss together.