

ROAST SQUASH SALAD

This salad is good either hot or cold. The toasted seeds add extra flavour & crunch.



200g Squash – peeled
¼ tsp vegetable bouillon
¼ tsp curry powder
1 tsp each pumpkin, sunflower & pinenuts
Handful mixed leaves
4 cherry tomatoes (30g)
½ tsp soy sauce
Drizzle oil
Squeeze of lemon juice
Salt & pepper

Hints, Tips and Variations

- ♦ *Wheat, dairy & gluten free, vegetarian.*
- ♦ *Make this more of a meal by adding some feta cheese to the salad.*
- ♦ *Add other bits & pieces - avocado, spring onion, pepper... to change the flavours.*
- ♦ *Use different leaves to change flavours & textures.*

Pre-heat the oven to 190C/375F/
Gas5.

Cut the squash into approx. 1cm cubes.

Toss with the oil, veg bouillon, curry powder, salt & pepper. Place on a roasting tin & roast for 20 – 30 min or until soft & browned around the edges.

Toast the seeds in a dry pan. When golden, remove from the heat and add the soy sauce to the hot pan, shaking the pan until the liquid has evaporated and the seeds are coated with a soy crust. Set aside.

Half the cherry tomatoes and toss with the leaves, when the squash is ready toss it into the leaves straight from the oven, sprinkle over the seeds and serve with a squeeze of lemon juice.

If serving cold, allow the squash to cool before adding to the salad.

Per serving 232Kcal, 5.7g Protein, 12.1g Fat (2.1g saturated), 29.3g Carbs, 6.1g Sugar, 162mg salt