



Butternut Squash and Rocket Salad

NIBBLEDISH CONTRIBUTOR

Ingredients

For 2

1. Butternut squash
2. Large handful of fresh rocket
3. Spring Onion
4. 200g can of lentils
5. Sesame seeds
6. Sunflower seeds

Dressing

1. 2 tbsp balsamic vinegar
2. 2 tbsp olive oil
3. 1 tbsp honey
4. 1 tsp soy sauce

Instructions

1. Fan oven at 180 degrees C.
 2. Chop butternut squash into cubes, add to baking tray, drizzle with oil and roast for 20 minutes.
 3. In a small bowl, mix together the vinegar, soy sauce, honey and oil.
 4. Arrange the rocket on two plates, then add the lentils and butternut squash.
 5. Sprinkle over sesame and sunflower seeds, and some fresh spring onions.
 6. Add the dressing!
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