

## **Roasted butternut squash salad with soy balsamic dressing**



**Serves 4**

### **Ingredients**

1 kg butternut squash, peeled and cut into 2cm cubes  
olive oil  
100g puy lentils  
100 rocket  
1 tsp toasted sesame seeds  
6 spring onions, sliced

### **Soy dressing**

5 tbsp olive oil  
3 tbsp balsamic vinegar  
1 tbsp soy sauce  
1 red chilli, seeded and chopped  
1 clove garlic, finely chopped  
1 tsp runny honey

### **Method**

Heat the oven to 200C/fan 180C/gas 6.

Put the squash on a baking sheet, drizzle with 1 tbsp olive oil and season. Roast for 20 minutes or until tender, shaking the tray a couple of times to

keep it from sticking. Simmer the lentils for about 15 minutes or until al dente, then drain.

Whisk together the dressing ingredients. Put the rocket in a shallow serving bowl and arrange the lentils and squash on top. Pour the dressing over and top with sesame seeds and spring onion.

This salad is also delicious sprinkled with cubed feta, or goats cheese.