



HEALTHYFOOD
STUDIO

LENTIL AND BUTTERNUT *salad*

INGREDIENTS

| | |
|--------|-----------------------------------|
| 400g | Butternut |
| 1 | Red onion |
| 2 tbsp | Olive oil |
| ½ can | Lentils, canned, rinsed & drained |
| 2 tsp | Wholegrain mustard |
| 2 tsp | Balsamic vinegar |
| 4 tsp | Olive oil, extra virgin |
| 2 tbsp | Flat leaf parsley |
| 40g | Wild rocket leaves |
| 60g | Feta cheese, low fat |

METHOD

- 01** Preheat the to 180°C.
- 02** Peel the butternut, remove any seeds, cut the flesh into bite-sized chunks and spread on a baking tray. Peel the onion and cut it in half, then slice into small half moons. Scatter the onion over the butternut, drizzle with olive oil and season with freshly ground black pepper.
- 03** Bake for 25-40 minutes, or until the butternut is cooked through and the onion is starting to brown a little around the edges.
- 04** Combine the lentils, mustard, vinegar, extra virgin olive oil and parsley.
- 05** Arrange the rocket leaves on a serving plate, top with the baked butternut and onion, then spoon the lentils over. Crumble the feta cheese over the top of the salad and serve.

COOKING

25-40
MIN

PREP

15-25
MIN

 Discovery
Vitality


WOOLWORTHS