



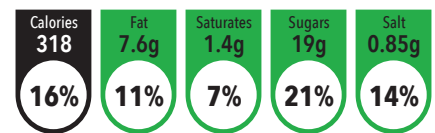
## SQUASH & PUY LENTIL SALAD

 **Prep: 10 minutes**

 **Cook: 30 minutes**

 **Serves: 4**

Each serving contains



of your guideline daily amount

### Ingredients:

- 1kg butternut squash, peeled, deseeded and diced
- 2 tbsp rose harissa paste
- 1 tsp **LoSalt**
- 150g dried puy lentils
- 1 red pepper, diced
- 150g cherry tomatoes, halved
- 25g pack parsley, roughly chopped
- 1 tbsp pomegranate molasses
- ½ tbsp oil

### COOKS TIP:

Serve warm as a winter salad. Great to make ahead. Ideal mixed all together and portioned out for healthy packed lunches the next day.

### Method:

1. Preheat the oven to 200°C, gas mark 6.
2. Toss the squash with the harissa and ½ tsp **LoSalt** on a large baking tray and roast for 30 minutes. Allow to cool.
3. Meanwhile, cook the lentils in boiling water for 25 minutes until tender, drain and rinse under cold water. Transfer to a large bowl and stir in the pepper, tomatoes and most of the parsley. Add in the remaining ½ tsp **LoSalt**, pomegranate molasses and oil and toss well together.
4. Transfer the lentils to a large serving plate and top with the squash, sprinkle with the reserved parsley to serve.