

# Butternut Squash & Fennel Lentil Salad

Now, this is a beautiful little lunch for 2, unless you're greedy like me then it's a nice lunch for 1. It would also make for a nice starter or even as a main course.

If you wanted you could add some pomegranate or even nuts for that extra flavour and texture. It can also be eaten cold as well as warm.



**Serves:** 2

**Prep Time:** 15 minutes

**Rest/Marinate Time:** 0

**Cooking Time:** 1 hour

## Salad Ingredients

- 1 small butternut squash, peeled and cut into bite-size cubes.
- 1 small fennel bulb, finely sliced, save the herb tops.
- 400 g tin of lentils.
- 1 tbsp of honey.
- 60 g of feta, broken into little nuggets.
- 1 cooked beetroot, cut into small cubes.
- 1 small handful of fresh parsley, roughly chopped.

## Vinaigrette Ingredients

- 1 tsp of Dijon mustard.
- ½ lemon, juice only.
- 1 small garlic clove, crushed.
- 4 tbsps of extra-virgin olive.
- 1 tsp of red wine vinegar.
- Fresh chives, finely chopped.



Find this recipe on page 160 of [my book](#).

## Method

- Place the butternut squash into a roasting tray and drizzle with a little olive oil, the honey and season. Mix then pop into a preheated oven set at 180°C for 40 minutes. For the last 10 minutes add the fennel and mix.
- Once you have added the fennel to the butternut squash pour the lentils into a saucepan including any water and gently warm up.
- Next, make the vinaigrette by simply adding everything together with a pinch of salt and mixing well. Give it a taste and adjust if need be by adding more vinegar, oil or salt, make it to your liking.

- Once the veg is out of the oven add to the lentils with half of the vinaigrette, the parsley and give it a good mix. Check for seasoning and adjust accordingly.
- Finally pour out the lentils onto a large serving plate, arrange the feta and beetroot on top, scatter with the saved fennel tops and drizzle over the remaining vinaigrette.