



Cooking Made Easy

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Tah-antiling Butternut Tahini Salad

Without tahini there would be no hummus (shock horror!). But tahini has lots of other uses, it is often mixed with honey and spread on toast for a delicious breakfast! But here we are mixing it with lemon juice and a glug of olive oil to make a deliciously creamy dressing. Combined with the deliciously sweet butternut squash and a whole host of mouthwatering ingredients, this really is a winning recipe.



30 min



veggie



gluten free



spicy



Butternut Squash



Chilli Flakes



Thyme



Tahini



Lemon



Sunflower Seeds



Feta Cheese



Dried Cranberries



Steve's Leaves:
Watercress

Ingredients

	2P	4P
Butternut Squash	1	2
Chilli Flakes	1 tsp	2 tsp
Thyme	2 sprigs	4 sprigs
Tahini 1	2 tbsp	4 tbsp
Lemon	½	1
Sunflower Seeds	1 tbsp	2 tbsp
Feta Cheese 2	1 block	2 blocks
Dried Cranberries	5 tbsp	10 tbsp
Steve's Leaves: Watercress	1 bag	2 bags

 May feature in another recipe

 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Sesame | **2)** Milk

Nutrition per serving: Calories: 807 kcal | Protein: 22 g | Carbs: 112 g | Fat: 34 g | Saturated Fat: 9 g



1 Pre-heat the oven to 180 degrees. Slice the butternut squash in half lengthways and scoop out the seeds. Slice it widthways so it's about 1cm thick (we want to be able to cook this nice and quickly).



2 Place on a baking tray, drizzle with 1 tbsp olive oil, the chilli flakes and the leaves of two sprigs of thyme (discarding the stalks). Season with ¼ tsp of salt and a good grind of black pepper. Place in the oven and cook for about 20 mins, or until the squash is cooked through (you can easily skewer it with a fork) and crisp on the outside.



3 In the meantime get your delicious dressing and salad ready. Mix your tahini with the juice of half a lemon and 4 tbsp of olive oil. Season with ¼ tsp of salt and a few grinds of black pepper. Feel free to adjust to your own taste. It should have a wonderful deep nutty flavour.



4 Pop your sunflower seeds into a pan (without any oil) and put on low heat for about 5 mins, moving the pan every now and then to

turn them. You want to toast these to make them extra tasty. **Tip:** *Watch them like a hawk - the last thing we want is for them to burn!*

5 In a bowl, crumble your feta over the cranberries, add the watercress, toasted sunflower seeds and cover with three quarters of the tahini dressing. Give this a good toss.

6 Plate up by placing the warm butternut squash over the watercress and cranberry salad. Drizzle the remaining dressing on top.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!