







More Than Food  
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## Tah-antilising 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. Here we are mixing it with lemon juice and a splash of olive oil to make a delectable creamy dressing. Combined with delightfully sweet butternut squash and a whole host of mouth-watering ingredients, this really is a winning recipe.

 30 mins

 veggie

 spicy

 gluten free

 healthy



Butternut Squash (1)



Chilli Flakes (½ tsp)



Thyme (4 sprigs)



Cucumber (½)



Tahini (3 tbsp)



Lemon (½)



Sunflower Seeds (1 tbsp)



Feta Cheese (¾ block)



Dried Cranberries (25g)



Steve's Leaves: Watercress (1 bag)


## 2 PEOPLE INGREDIENTS

- Butternut Squash, chopped **1**
- Chilli Flakes **½ tsp**
- Thyme **4 sprigs**
- Cucumber, chopped **½**
- Tahini **3 tbsps**
- Lemon **½**
- Sunflower Seeds **1 tbsps**
- Feta Cheese **¾ block**
- Dried Cranberries **25g**
- Steve's Leaves: Watercress **1 bag**

**Allergens:** Sesame, Milk.

### Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
<b>Per serving</b>	382 kcal / 1600 kJ	24 g	7 g	28 g	18 g	15 g	1 g
<b>Per 100g</b>	80 kcal / 334 kJ	5 g	1 g	6 g	4 g	3 g	0 g

 Our fruit and veggies may need a little wash before cooking!

### Did you know...

Squashes can be loosely divided into two major groups depending on whether they are harvested as immature fruits, such as courgettes, or mature fruits, such as butternut squash.

1



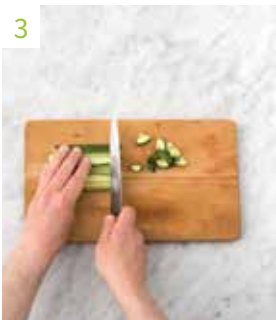
**1** Pre-heat your oven to 180 degrees. Slice the **butternut squash** in half lengthways and scoop out the seeds. Slice it widthways to about 1cm thick (we want to be able to cook this nice and quickly). Now chop it into 1cm cubes.

2



**2** Place on a baking tray, drizzle with **olive oil**, the **chilli flakes** to taste and the leaves of the **thyme** (discarding the stalks). **Tip:** *We've sent a few more chilli flakes than you need in case you want to spice it up!* Season with a pinch of **salt** and a good grind of **black pepper**. Place in your oven and cook for about 20 mins, or until your squash is soft (you can easily slip a knife through) and crisp on the outside.

3



**3** In the meantime, get the delicious dressing and salad ready. Chop the **cucumber** in half lengthways and then in half again. Now chop into ½cm cubes. Mix the **tahini** with a good squeeze of **lemon juice** and a good splash of **olive oil**. Season with **salt** and **black pepper**. Feel free to adjust to your own taste. It should have a wonderful deep nutty flavour.

5



**4** Pop the **sunflower seeds** into a frying pan (without any oil) and put on low heat for about 5 mins, shaking the pan every now and then to turn them. You are toasting these to make them extra tasty. **Tip:** *Watch them like a hawk - the last thing you want is for them to burn!*

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

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

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