

ROASTED BUTTERNUT SQUASH SALAD WITH BROCCOLI, POMEGRANATE AND PECANS



QUICK

15 mins prep time plus 40 mins roasting time

HEALTHY

Butternut Squash and broccoli are both good sources of Vitamin A which is important for healthy eyes and vision

FAMILY



Feeds 5-6

MEALS

This is a colourful and filling side dish

INGREDIENTS

- ½ butternut squash (but I would cook it all and eat the rest separately)
- 1 tsp chilli flakes
- 3 large handfuls spinach (100g)
- ½ broccoli
- 1 pomegranate (140g seeds)
- 75 g pecans
- 1 lemon
- Drizzle olive oil

METHOD

1. Put your oven onto 180°C (Fan)
2. Wash the butternut squash then cut into chunks (no need to peel)
3. Put onto a lined oven tray
4. Season and sprinkle with 1 tsp chilli flakes
5. Drizzle with oil and mix
6. Roast for 40-50 mins till brown
7. Dry fry the pecans being careful not to burn
8. Wash the spinach and put in a large bowl
9. Chop broccoli into bite sized pieces and add
10. Add the roasted butternut squash
11. Top with pomegranate
12. Add the pecans
13. Dress the salad with juice of 1 lemon, S&P and a drizzle of oil



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