

SERVES 4

▶ GF

▶ VEGAN

▶ VEG



HOLIDAY RECIPES

BUTTERNUT SQUASH & PECAN SALAD

Ingredients

- 1 medium-sized butternut squash, peeled and cubed
- 3-4 tbsp olive oil
- Sea salt and black pepper
- 1/4 cup pecans
- 2 tbsp brown sugar
- 2 cups baby spinach or rocket
- 1/4 cup dried cranberries
- 2 poached chicken breasts shredded, tofu or tempeh (optional, for extra protein)
- 1 tbsp balsamic vinegar (optional)

Method

1. Preheat oven to 200°C and position a rack in the centre of the oven.
2. Toss butternut squash cubes in 1 ½ tbsp olive oil, 1 tsp sea salt and ½ tsp pepper. Roast for 15-20 minutes or until just tender.
3. While roasting, prepare your pecans by heating a medium pan over medium heat. Once hot, add pecans and toss or stir until toasty and fragrant, being careful not to burn. Remove from skillet.
4. To the same skillet add 1 tbsp olive oil (or butter) and 2 tbsp brown sugar and stir to combine. Add pecans back in, plus a pinch of salt and toss for a minute or two until fully coated and fragrant. Transfer to a plate to cool, spreading to make sure they don't stick together.
5. Chop or loosely tear your greens and add to a serving bowl along with the cranberries. Once the butternut squash is done, place into the bowl along with the pecans.
6. Lastly, add remaining 1 tbsp olive oil and 1 tbsp balsamic vinegar and toss. Also add your chicken, tofu or tempeh here. Season to taste. Serve immediately.