

Maria's Butternut, Pecan, Pomegranate & Goats Cheese Salad



FEATURED IN KEEPING CONNECTED 08



Ingredients:

- 1 medium butternut squash
- 2 tablespoons oil
- 1 teaspoon chilli flakes
- Seasalt
- 1 tablespoon maple syrup
- 1 tablespoon soy sauce
- 1 tablespoon balsamic vinegar
- 2 tablespoons olive oil
- 50 g salted pecans
- ½ pomegranate
- 2 small bag of spinach and rocket salad leaves
- 75 g goats cheese, feta or shaved parmesan

Method:

1. Preheat the oven to 180 c
2. Trim the ends off the butternut squash, cut it in half lengthways and scoop out the seeds.
3. Cut the butternut into thin even slices horizontally and place onto a baking tray.
4. Sprinkle over the oil, chilli flakes and some seasalt then mix everything together with your hands before putting into the oven to bake for 15 minutes.
5. In a small bowl mix together the maple syrup, soy sauce, balsamic and oil with a little seasalt.
6. Remove the butternut from the oven and scatter over the pecans. Mix everything together well then return to the oven for a further 10 minutes.
7. Remove the seeds from the pomegranate by tapping the underside firmly with a wooden spoon into a large mixing bowl.
8. Remove the cooked butternut from the oven and tip into the mixing bowl with the pomegranate.
9. Pour over the dressing and mix well.
10. Finally mix through the salad leaves.
11. Tip onto a large serving dish and crumble the goats cheese over the top before serving.