

Super skin food salad

Cooking time 40 minutes, hands on time 15 minutes. Serves 4

Ingredients:

1 small butternut squash, cut into thin wedges (no need to peel)
½ tbsp. olive oil
1 tsp smoked paprika, optional
Pack baby spinach or other dark green leaves
½ red onion, finely sliced
Tin chickpeas, drained
Handful pomegranate seeds (optional)
Handful sunflower seeds / walnuts, lightly toasted is desired
2 tbsp. orange juice
1 tbsp. cider vinegar
¼ red chilli, finely sliced (optional)
5 tbsp. walnut oil or extra virgin olive oil

Directions:

- Preheat oven to 200C
- Place butternut squash in a bowl and toss with olive oil and smoked paprika. Then roast for 30 – 40 minutes, until well cooked. Allow to cool
- Place leaves, onion, chickpeas on a serving platter. Top with roast squash wedges and sprinkle over pomegranate and sunflower seeds and season.
- Mix orange juice, vinegar, chilli and walnut oil to make a dressing and drizzle 3 – 4 tbsp. over salad

Add wild or wholegrain rice or quinoa for a bigger meal. The roast squash and leftover dressing will keep in airtight containers in the fridge for 3 – 4 days.