

# Lebanese Spiced Squash and Pepper Salad

## with Walnuts and Feta

hellóchef

Look at those colours! This salad tastes as gorgeous as it looks.

Cals 540 • Prot 17 • Carbs 81 • Fat 21

Vegetarian

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🕒 cook: 45 min

R2680





Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

For roast	2 ppl	3 ppl	4 ppl	
Butternut squash	600	900	1200	Grams
Olive oil	3	5	6	Tbsp
Salt	0.5	1	1	Tsp
Red pepper	2	3	4	Piece
Coriander cumin powder	4	4	8	Grams
Honey	15	15	30	Grams
For salad				
Baby spinach	60	90	125	Grams
Rocket	40	40	80	Grams
Walnuts 1*, 2*	30	45	60	Grams
Feta cheese 4*	100	150	200	Grams
Pomegranate	1	1	1	Piece
To serve				
Large red chilli	1	1	2	Piece
Pomegranate molasses	20	30	40	Grams
Olive oil	1	2	2	Tbsp
Black pepper	0.5	1	1	Tsp

Allergens

\*1 Peanuts, \*2 Tree Nuts, \*4 Milk

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	2259 / 540
Fat (g)	20.9
of which saturates (g)	6.6
Carbohydrate (g)	81
of which sugars (g)	34.5
Fiber (g)	15.4
Protein (g)	16.9
Salt (g)	4.8

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Roast squash

Preheat the oven to 220°C/200°C fan. Peel the **butternut squash**, slice it in half and, using a spoon, remove the seeds. Slice the **squash** into 1cm thick half moons. Place them onto a baking tray. Drizzle with half of the **olive oil**. Sprinkle with **salt**. Toss the **squash** in the **oil** until coated. Roast for 20 min.



2 Add peppers

Meanwhile, chop the **peppers** into chunks. In a bowl, mix the remaining **olive oil** with the **cumin coriander powder**, a large pinch of **salt** and the **honey**. Once the **squash** has been roasting for 15 min, add the **pepper** chunks to the tray. Drizzle everything with the seasoned **olive oil**. Roast for 10-15 min further until softened and golden.

**Tip!** Don't rush the roasting vegetables! Roasting the squash and pepper slowly releases their natural sugars.



3 Prep salad

Meanwhile, chop the **walnuts**. Crumble the **feta cheese**. Finely slice the **red chilli**. Halve the **pomegranate**. Hold each half over a large bowl, seeds facing down. Hit the skin with a wooden spoon, squeezing to release the seeds. Discard the shell and membrane.



4 Serve

Arrange the roasted **butternut squash** and **peppers** on a serving plate with the **spinach** and **rocket** leaves. Top with the chopped **walnuts**, crumbled **feta**, sliced **red chilli (spicy!)** and **pomegranate** seeds. Drizzle with the **pomegranate molasses** and **olive oil**. Finish with a grind of **black pepper**.