

Recipes and Tips



Roasted Butternut Squash with Lentils and Feta

Serves 2 if it is served as a main course

FOR THE SALAD

100 gr black or green lentils
1 (3-inch) cinnamon stick
4 garlic cloves, peeled and smashed
Salt
1 (1-pound) butternut squash
1 tablespoon extra-virgin olive oil
½ teaspoon black pepper
100 gr crumbled feta
4 spring onions, trimmed and thinly sliced
2 tablespoons roasted, salted pumpkin seeds

FOR THE DRESSING

¼ cup extra-virgin olive oil
2 tablespoons pomegranate molasses
or balsamic glaze
1 tablespoon honey
½ teaspoon ground cumin
¼ teaspoon ground cayenne
½ teaspoon black pepper
Salt

Heat oven to 200°C. Rinse the lentils. Transfer them to a medium saucepan, then add the cinnamon, garlic and 1 teaspoon salt. Add enough water to cover everything by 1 inch. Bring the water to a rolling boil over medium-high heat, then reduce to low and let simmer until the lentils are tender but not mushy, about 20 minutes. Drain the lentils, discard the cinnamon and garlic, then transfer the lentils to a large bowl.

Peel the squash and cut into bite-sized chunks. Drizzle with 1 tablespoon olive oil and season with salt and pepper. Roast the squash until completely tender, slightly caramelized and golden brown, about 30 minutes. Remove from the oven, and let cool for 10 minutes. Once cool, add to the lentils.

While the squash cooks, prepare the dressing: In a small bowl, whisk the olive oil, pomegranate molasses, honey, cumin, cayenne and black pepper. Taste and season to taste with salt.

Sprinkle the feta, scallions and pumpkin seeds over the lentils and squash. Pour 2 to 3 tablespoons of the dressing over the lentils and squash. Serve warm or at room temperature, with the remaining dressing on the side.