



Warm Butternut Lentil Salad with Tahini Dressing



<http://coconutandberries.com/2013/09/27/butternut-lentil-salad-tahini-dressing/>

- 1t Maple syrup
- 2T Water (depending on thickness of your tahini)

Serves: 2

Method:

Preheat oven to 200C/425F

Toss squash, smashed garlic, olive oil, salt and cinnamon in a large bowl until all coated in the oil. Spread mixture into a roasting dish and cook for 15-20 minutes, until cooked through and edges are beginning to caramelize. Set aside.

While squash is cooking, simmer the lentils, in the vegetable broth, covered with a lid, for approx 20 minutes, or cook according to your package instructions. Drain if any liquid remains and set aside.

Whisk together all the dressing ingredients, adding more or less water to reach your desired thickness

Stir the red onion into the lentils and add several grinds of pepper.

Spread lentils onto a serving platter, top with the roasted squash (remove garlic cloves), a generous drizzle of the tahini sauce and chopped parsley. Hold a little of the tahini sauce on the side, for dressing at the table.

Ingredients:

- 1/2 Medium Butternut Squash (Approx 400g/1lb), cut into large chunks
- 1/2T Olive oil
- 2 Cloves garlic, squashed with the flat edge of a knife
- Large pinch of salt
- 1/8t Cinnamon
- 1/2C Puy Lentils
- 1C Vegetable Broth
- 1/4 Red onion, finely diced
- Fresh parsley to serve, coarsely chopped

Tahini Dressing:

- 1 Small clove of garlic, minced
- Pinch of salt
- 1 3/4T Lemon juice
- 1 1/2T Tahini

Recipe from coconutandberries.com