



THYME ROAST BUTTERNUT SQUASH & SUNFLOWER SEED SALAD

INGREDIENTS

Butternut squash	Dried chilli flakes for heat
Olive oil or vegetable oil	Salad leaf
Fresh or dried thyme	Sunflower seeds

DIRECTIONS

Peel and deseed the butternut squash – cut into 2cm cubes

Rub olive oil or vegetable oil over the butternut squash - sprinkle with fresh thyme or dried thyme – and maybe some dried chilli flakes for heat – add a little salt & pepper

Roast the squash until fork tender, (approx 40 minutes) then remove and let the squash cool down

Fold the butternut squash into salad leaf

Sprinkle with toasted sunflower seeds



Recipe provided by
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