

## Warm Salad of Roasted Butternut Squash with Puy Lentils

*MAKES:4*

*PREPARATION TIME:15 minutes*

*COOK TIME:30 minutes*

### **INGREDIENTS:**

- 1 medium butternut squash
- 2 red peppers
- 1 red chilli (optional)
- 1 sprig rosemary
- 8 tbsp Filippo Berio Extra Virgin Olive Oil
- 50g Puy Lentils
- 1 bay leaf
- 1 clove garlic
- 2 tbsp balsamic vinegar
- 2 little gem lettuce
- 60g pocket rocket

### **METHOD:**

Heat the oven to 200C/400F or Gas Mark 6.

Rinse the lentils in a sieve then place in a pan cover with water add the bay leaf and garlic. Bring to a boil and simmer for 15 minutes or until just tender. Drain then discard the bay leaf and garlic.

While the lentils are cooking cut the squash in half remove the seeds then cut into 2.5cm (1 inch) slices cut off the skin from each slice then put into a roasting tin.

Remove seeds from the peppers and cut into wide strips. Add to the roasting tin, drizzle over 3 tbsp of the oil toss together and season. Place in the oven and roast for 15 minutes. If using the chilli, remove seeds and chop, remove rosemary spikes from stalk. Scatter both over the vegetables and continue to roast for a further 15 minutes.

Whisk the remaining extra virgin olive oil and vinegar, season then set aside.

Tear the lettuce and mix with the rocket. Divide the salad mix between the serving plates and add the warm vegetables. Sprinkle the lentils on top and drizzle with the dressing.



**Cook it with: Extra Virgin Olive Oil**