

Lentil and butternut salad

Serves: 6-8

Ingredients

375ml brown lentils

1 medium sized butternut, peeled, deseeded and diced

30 ml olive oil

2 ripe red tomatoes, peeled and deseeded

1 onion, chopped

1 garlic clove, chopped

3ml each cumin, paprika and turmeric

25ml harissa paste

25ml tomato paste (1 sachet)

Cayenne pepper (optional)

30ml each, fresh parsley and coriander, chopped



What to do

1. Cook the lentils until just soft – about 25 minutes and drain.
2. Pre-heat the oven to 200°C.
3. Arrange the butternut on a baking tray, sprinkle with olive oil, salt and pepper; roast for about half an hour or until cooked.
4. Sautee the onion in olive oil until glossy. Add the garlic and fry for another minute or so and then stir in the spices, harissa and tomato paste.
5. Stir the lentils into the onion mixture and allow set aside and allow to cool for at least an hour so that the flavours combine.
6. Stir in the fresh herbs and cooked butternut. Season to taste with salt and pepper.
7. Serve warm or cold.

Some ideas

- This salad benefits from standing and is a great make-in-advance salad.
- Works as a side salad or as vegan meal on its own.

