



More Than Food  
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## Tahini-antiling Butternut Tahini Salad

Without tahini there would be no hummus (shock horror!). But tahini has lots of other uses, it is often mixed with honey and spread on toast for a delicious breakfast! But here we are mixing it with lemon juice and a glug of olive oil to make a deliciously creamy dressing. Combined with deliciously sweet butternut squash and a whole host of mouth-watering ingredients, this really is a winning recipe.



30 mins



veggie



spicy



gluten free



Butternut Squash (1)



Chilli Flakes (½ tsp)



Thyme (4 sprigs)



Cucumber (½)



Tahini (3 tbsp)



Lemon (½)



Sunflower Seeds (1 tbsp)



Feta Cheese (¼ block)




Dried Cranberries (⅓ cup)



Watercress (1 bag)

## Ingredients

|                           | 2 PEOPLE | ALLERGENS |
|---------------------------|----------|-----------|
| Butternut Squash, chopped | 1        |           |
| Chilli Flakes             | ½ tsp    |           |
| Thyme                     | 4 sprigs |           |
| Cucumber, chopped         | ½        |           |
| Tahini                    | 3 tbsp   | Sesame    |
| Lemon                     | ½        |           |
| Sunflower Seeds           | 1 tbsp   |           |
| Feta Cheese               | ¾ block  | Lactose   |
| Dried Cranberries         | ⅓ cup    |           |
| Watercress                | 1 bag    |           |

 Our fruit and veggies come straight from the farm so give them a little wash before using

### Did you know...

Squashes can be loosely divided into two major groups depending on whether they are harvested as immature fruits, such as courgettes, or mature fruits, such as butternut squash.

**Nutrition per serving:** Calories: 391 kcal | Protein: 15 g | Carbs: 37 g | Fat: 21 g | Saturated Fat: 8 g



**1** Pre-heat your oven to 180 degrees. Slice the **butternut squash** in half lengthways and scoop out the seeds. Slice it widthways to about 1cm thick (we want to be able to cook this nice and quickly). Now chop it into cubes.



**2** Place on a baking tray, drizzle with 1 tbsp **olive oil**, the **chilli flakes** to taste and the leaves of four sprigs of **thyme** (discarding the stalks). **Tip:** *We've sent a bit more chilli flakes than you need in case you want to spice it up!* Season with ¼ tsp of salt and a good grind of black pepper. Place in the oven and cook for about 20 mins, or until the squash is cooked through (you can easily slip a knife through) and crisp on the outside.



**4** Pop your **sunflower seeds** into a frying pan (without any oil) and put on low heat for about 5 mins, moving the pan every now and then to turn them. You want to toast these to make them extra tasty. **Tip:** *Watch them like a hawk - the last thing you want is for them to burn!*



**3** In the meantime, get your delicious dressing and salad ready. Chop your **cucumber** in half lengthways and then in half again. Now chop into ½cm cubes. Mix your **tahini** with the juice of ½ the **lemon** and 3 tbsp of **olive oil**. Season with ¼ tsp of **salt** and a few grinds of black **pepper**. Feel free to adjust to your own taste. It should have a wonderful deep nutty flavour.

**5** In a bowl, crumble your **feta cheese** over the **dried cranberries**, add the **watercress**, chopped **cucumber**, toasted **sunflower seeds** and cover with ¾ of the **tahini** dressing. Give this a good toss.

**6** Plate up by placing the warm **butternut squash** over the watercress and cranberry **salad**. Drizzle the remaining **dressing** on top.