



Butternut and Rocket Salad

Salad Ingredients

- 1 butternut, peeled and diced
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 1 tablespoon olive oil
- 1 packet wild rocket (100g), rinsed
- 1 red onion, halved and sliced
- 100g pecan nuts, chopped and lightly toasted
- 150g feta cheese, diced
- 1 Medjool date, pitted and diced
- 1 tablespoon pumpkin seed
- 1 apple, halved and sliced
- homemade honey mustard salad dressing

Instructions

- Pre-heat the oven to 180°C.
- Place the diced butternut pieces in a bowl. Add the olive oil and season with salt and black pepper. Stir until evenly coated.
- Transfer the butternut to an oven tray and bake for 30 - 40 minutes or until fork-tender. Remove the tray from the oven and let it cool to room temperature.
- Arrange the rocket evenly on a large salad serving plate. Dress the rocket leaves with half of the dressing.
- Layer the cooled butternut pieces, sliced red onion, chopped pecan nuts, diced feta cheese, and diced dates on top of the rocket. Sprinkle over the pumpkin seeds.
- Stick the apple slices into the salad so the slices are standing out vertically.
- Drizzle the rest of the dressing over the salad ingredients and serve.



Honey Mustard Dressing



Ingredients

- 3 tablespoons red wine vinegar
- 1 tablespoon raw honey
- 1 tablespoon Dijon mustard
- 1 garlic clove
- $\frac{1}{3}$ cup avocado oil
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground black pepper

Instructions

- Add all the ingredients to the bowl of a small food processor.
- Process until well combined and emulsified.
- Store in an airtight container in the fridge for up to a week.