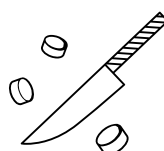


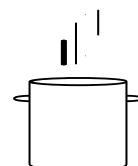


Roast Squash Salad

Lettuce and tomato salads will become a thing of the past once you've tried this dish.



15



30



4

Ingredients

1 butternut squash

The Groovy Food Company Omega High Five Oil

Sea salt and freshly ground black pepper

1 small dried red chilli

1 tsp fennel seeds

20 slices of Parma ham

4 handfuls of watercress

6 tablespoons The Groovy Food Company Omega Cool Oil

4 tablespoons cider vinegar

1 small block of Parmesan cheese

Directions

1. Pre heat the oven to 190°C.
2. Cut the squash in half.
3. Remove the seeds then cut into quarters.
4. Place the squash on a baking tray and rub all over with the Omega High Five Oil.
5. Sprinkle over some salt, pepper, dried chilli and finally the fennel seeds.
6. Roast in the oven for about 30 minutes until soft.
7. Remove and keep warm.
8. Mix together the Omega Cool Oil with the cider vinegar to make a dressing and check the seasoning.
9. Gently break up the squash and divide it between four warm plates.
10. Lay the Parma ham slices over the warm squash then

scatter over the watercress.

11. Drizzle the dressing over and then finish with shavings of fresh parmesan and some freshly ground black pepper.