Lunch

Cumin roast squash and chicken salad

Spiced butternut squash wedges roast alongside crisp chickpeas and red onion, then get piled with shredded chicken and peppery rocket, finished with a minty yoghurt and tahini dressing.



Gluten free

40 min	362	33.2 g	13.5 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 1 butternut squash
- [ ] 16 pumps 1 cal spray sunflower oil
- [ ] 400 g can of chickpeas, rinsed
- [ ] 2 tsp ground cumin
- [ ] 20 g pumpkin seeds
- [ ] 75 g bag of washed rocket
- [ ] small handful of fresh coriander
- [ ] 200 g roast chicken breast, shredded
- [ ] 1/2 small red onion, cut into wedges
- [ ] 100 ml low-fat plain yoghurt
- [ ] 1 tbsp tahini
- [ ] 1 tbsp lemon juice
- [ ] 1 small garlic clove, crushed
- [ ] 1 tbsp chopped fresh mint

Nutrition Facts

Per serving

Calories	**362**
Total fat	11.7 g
Saturated fat	2.2 g
Sodium	Not listed
Total carbs	33.2 g
Fiber	10.3 g
Total sugars	13.5 g
Protein	25.8 g

Method

- [ ] **1** Heat the oven to 190°C/375°F/gas mark 5. Cut the butternut squash into 8 wedges, discarding the seeds.
- [ ] **2** Tip the squash wedges into a roasting tin, spray with the sunflower oil spray and sprinkle over the ground cumin. Roast for 10 mins.
- [ ] **3** Add the chickpeas and red onion wedges to the tin and roast for 20 mins more, tossing now and then.
- [ ] **4** Scatter in the pumpkin seeds and cook for a final 5 mins, then set everything aside to cool.
- [ ] **5** Arrange the rocket, fresh coriander, shredded roast chicken breast, red onion wedges, squash wedges and chickpeas on a plate.
- [ ] **6** Blitz the low-fat plain yoghurt with the tahini, lemon juice and crushed garlic until smooth.
- [ ] **7** Stir the chopped fresh mint through the dressing, drizzle it over the salad and serve.

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