



Butternut Squash and California Prune Salad



Preparation time: 50 mins' - **Servings:** 4

Ingredients

100g	California prunes
3	limes
1	butternut squash
2	sweet potatoes
1	purple sweet potato
25ml	rapeseed oil
2	pink lady apples
1	medium red onion
1	red chilli, chopped
1/2 clove	garlic, finely chopped
1	bunch of spring onions, chopped
1	handful of coriander, chopped
1	handful of mint, chopped
1	pomegranate
50g	pumpkin seeds
20ml	maple syrup

Instructions

Chop the California prunes into chunks and place in a bowl with the juice of 2 limes, this will allow the prunes to soak up the lime juice and become tangy making it perfect to cut through the squash and sweet potatoes.

Peel and dice the butternut squash and sweet potatoes, drizzle with rapeseed oil and roast for 20-30 minutes until tender.

Meanwhile slice the red onion and soak in the juice of the remaining lime with the chopped red chilli and sliced garlic.

When the potatoes and squash are cooked place in a mixing bowl with the pickled red onions and California Prunes.

Core and dice the apples, then add to the bowl, followed by the spring onions and chopped herbs.

Add the pomegranate seeds and mix together.

The final touch is to roast some pumpkin seeds in a fry frying pan on a medium heat for 5 minutes until they start to crackle, then and only then add the maple syrup, before adding to the top of the salad for a nice crunch.

An optional extra is to scatter over some pink pepper corns for a gentle warmth and zing !