



## Roasted squash salad with creamy homemade labneh



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



207 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 600 g greek yogurt
- ☐ 1 fat butternut squash
- ☐ 3 tbsp olive oil
- ☐ 1 tbsp pomegranate molasses
- ☐ 1 tbsp clear honey
- ☐ 2 tbsp red wine vinegar
- ☐ 50 g baby leaves wild mixed (or rocket, pea shoots or beet leaves)

- ☐ 1 small onion red finely chopped
- ☐ 1 handful redcurrants

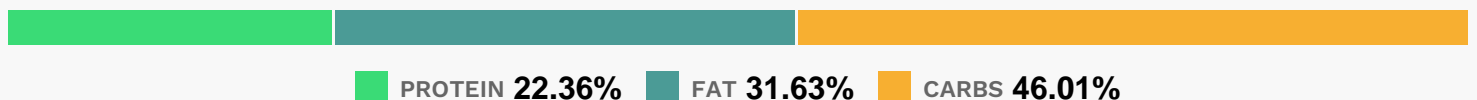
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ sieve

## Directions

- ☐ The day before, line a bowl with muslin. (If you dont have any muslin, line a sieve with a new J-cloth and set it over a bowl.) Stir tsp salt into the yogurt. Tip into the muslin, then bring the edges together to form a tight bundle, tie with string and hang over the bowl (or simply tip into the J-cloth lined sieve). Put in the fridge for 24–36 hrs to drain. You should be left with a firmer, soft cheese-like substance. Keep chilled until ready to serve.
- ☐ Heat oven to 200C/180C fan/gas
- ☐ Trim the top and bottom of the squash. Slice into 1in-thick rounds, halving any huge ones youll need at least 6 slices. Where there are seeds, scrape out with a teaspoon.
- ☐ Brush with 2 tbsp of the oil, season and roast for 30–40 mins on baking sheets, turning halfway, until tender. Leave at room temperature until ready to serve.
- ☐ Spread a round base of labneh on 6 plates and divide the squash slices between them.
- ☐ Mix the remaining oil with the pomegranate molasses, honey, vinegar and seasoning, then toss with the salad leaves and onion. Divide between the plates, then scatter with pomegranate seeds or redcurrants.

## Nutrition Facts



## Properties

Glycemic Index:29.71, Glycemic Load:1.94, Inflammation Score:-10, Nutrition Score:18.492173796115%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.05mg, Quercetin: 4.05mg, Quercetin: 4.05mg, Quercetin: 4.05mg

Nutrients (% of daily need)

Calories: 206.77kcal (10.34%), Fat: 7.55g (11.61%), Saturated Fat: 1.11g (6.96%), Carbohydrates: 24.7g (8.23%), Net Carbohydrates: 21.69g (7.89%), Sugar: 10.9g (12.11%), Cholesterol: 5mg (1.67%), Sodium: 49mg (2.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.01g (24.01%), Vitamin A: 14073.28IU (281.47%), Vitamin K: 45.94µg (43.75%), Vitamin C: 30.01mg (36.37%), Vitamin E: 2.99mg (19.95%), Vitamin B2: 0.33mg (19.3%), Potassium: 658.49mg (18.81%), Phosphorus: 187.25mg (18.72%), Calcium: 184.06mg (18.41%), Manganese: 0.37mg (18.26%), Magnesium: 62.21mg (15.55%), Selenium: 10.73µg (15.33%), Folate: 60.53µg (15.13%), Vitamin B6: 0.3mg (14.79%), Fiber: 3.01g (12.03%), Vitamin B12: 0.7µg (11.67%), Vitamin B1: 0.16mg (10.8%), Vitamin B3: 1.8mg (8.99%), Vitamin B5: 0.86mg (8.62%), Iron: 1.29mg (7.14%), Copper: 0.13mg (6.35%), Zinc: 0.8mg (5.35%)