Posted on 14 October 2012

by ewfood

Feta Butternut Salad

Ingredients

1/2 cup butternut squash - cubed
1/ cup green soya beans
Bunch of asparagus - cut small
6 tbsp feta cheese - cubed
2 tbsp olive oil
1 tbsp fresh lemon juice
Salt and pepper to taste
Servings
3
Person

Preparation

1 Boil some water in a medium pot with enough of water to cover the butternut squash.

2 Then add the cubed butternut squash to salted boiling water.

3 Allow this to cook till firm - not hard.

4 Once done, remove the butternut squash and keep aside to cool.

5 In the same pan and water, add the beans and asparagus.

6 Cook for around 2 minutes.

7 Thereafter, drain and run under cold water.

8 Now set aside to cool off well.

9 In a large bowl, blend the lemon juice and olive oil along with some salt and pepper.

10 Whne the butternut squash is nice and cool, you can add in the bean mixture and feta.

11 Finally, gently toss the salad together and serve.

12 You can drizzle some more olive oil on on top right before serving.

Cooks Note

Serves 3 - 4