



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 When 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 top right before serving.

Cooks Note

Serves 3 - 4
