

GARLIC & ROSEMARY SQUASH WITH FETA CHEESE SALAD

Serves 2

INGREDIENTS

60g slimmers choice feta cheese
1 bulb garlic
1 tbsp finely chopped rosemary
1/2 cracked black pepper
Juice of half a lime
1/4 tsp salt
2 whole squash (80g total, once cooked and seeds have been removed)

1 head cos lettuce / 70g
50g thinly sliced cucumber
80g cherry tomatoes
Fresh mint leaves to garnish



HOW TO

Wrap the whole bulb of garlic and place it into an air fryer at 180 degrees for 30 minutes. Alternatively, place it into a preheated oven (200 degrees) for 45 minutes, or until very tender when gently squeezed. Remove from the foil while still warm (it's easier to squeeze out the cloves of garlic while still warm) and slice horizontally straight through the centre of the bulb. Squeeze out 2 to 3 whole cloves of garlic and place into a bowl. Add the lime juice, finely chopped rosemary, black pepper and the salt and use the back of a fork to mince the garlic and mix. Set aside.

Boil the squash in a pot of water for about 25-35 minutes, or until you can easily pierce a sharp knife through the skin. When cool enough to handle, cut the squash in half, and use a spoon to scrape out the seeds, which you can then discard. Scrape out the lovely flesh from the squash and weigh out 80g (40g per person). Now mix the garlic and lime mixture into the squash until nicely combined.

Cut the cos lettuce into shreds and rinse lightly under some water. Pat dry, then place half onto a serving dish. Divide the cucumber and tomatoes around the cos lettuce. Spoon half of the squash mixture into the middle of the plate. Cut your feta into small pieces or simply crumble all over the salad. Garnish with the mint leaves and serve.

PER PERSON:

100g protein
140g vegetables