



## THE GLOW BOWL



4 servings



35 minutes

## INGREDIENTS

500g (1lb 20z) peeled, deseeded butternut squash  
1 tablespoon za'atar spice mix  
1 tablespoon olive oil  
1 jar of jalapeños  
250g (9oz) cooked grain of choice  
60g (2½oz) rocket (arugula) leaves  
200g (7oz) feta cheese, crumbled  
200g (7oz) hummus  
Protein of choice (cooked chicken, tofu, prawns)  
80g (2½oz) pomegranate seeds  
Salt and pepper  
1 lemon, cut into wedges, to serve

### For the pickle

150ml (2/3 cup) white wine vinegar  
100ml (scant ½ cup) water  
1 tablespoon caster (superfine) sugar  
2 red onions, sliced into rounds

### For the dressing

150g (2/3 cup) natural yogurt  
1 tablespoon tahini  
Juice of 1 lemon  
1 teaspoon honey

## DIRECTIONS

1. For the pickle, pour the vinegar and water into a pan, add the sugar and bring to a sim-mer. Remove from the heat and immerse the red onion slices in the liquid. Let them pickle as you continue with the prep.
2. Preheat the oven to 230°C/210°C fan (450°F) Gas Mark 8 or set an air fryer to 200°C (400°F).
3. Cut the squash into 2cm (¾ inch) cubes and add to a heatproof bowl. Season with the za'atar spice mix and some salt and coat in the olive oil. Microwave on HIGH for 5 minutes, then spread out on a baking tray and either roast in the oven, or in the air fryer, for 10 minutes. Remove and set aside.
4. In a bowl, mix the dressing ingredients (yogurt, tahini, lemon juice and honey) together with a pinch each of salt and pep-per, and set aside.
5. Make a jalapeño sauce by tipping the entire jar of jalapeños, including the brine, into a blender or food processor. Blend to achieve a chunky consistency. Store any leftovers in the original jar in the refrigerator, where it will last for a month.
6. Microwave your chosen grains to heat through.
7. Divide the rocket between 4 bowls, to create the base. Divide the grains, feta, roasted squash and hummus between the bowls.
8. Create a well in the hummus using the back of a spoon and add 1 teaspoon of jalapeño sauce to each. Add any extra protein of choice.
9. Finish with the drained pickled red onions and the pomegranate seeds and serve with the dressing and lemon wedges.

*Under 400kcal per serving, protein depends on what you use*