



Food Discovery honey and thyme carrots and butternut squash salad with watercress and orange dressing

Ingredients

3 butternut Squash	20 medium size Carrots
2 tablespoon honey	6 sprigs of thyme
2 bunches of water cress	2 oranges
6 tablespoon rapeseed oil	3 tablespoon vegetable oil
Knob of butter	

Method

To prepare the vegetables

- Peel the carrots and butternut squash
- cut the carrots in half length ways
- cut the butternut squash into 8 wedges and blanch in boiling salted then refresh pat dry and chill
- warm a frying pan and add the vegetable oil
- place the blanched vegetables, season and get them golden
- then add the butter the thyme and honey and keep them moving to glaze the vegetables
- remove and put on kitchen paper

To make the dressing

Grate the zest and juice of the orange and whisk in the rapeseed oil

To serve

Arrange the glazed vegetable on a plate dressing with the dressing and sprinkle with the watercress and enjoy .