



ORIGINAL TOUCH RECIPES

We at Original Touch have joined forces with our good friends The Pelican Trust to bring you some simple and healthy recipes that may give just a few ideas of interesting ways to cook some of your vegetables. By clicking on the pictures you will be able to visit our website where you will be able to buy the vegetable seeds and find out more about the varieties.

SAUSAGE & LENTIL SALAD WITH ROASTED SQUASH

This recipe serves 4

For the salad:

1 tbsp Rape seed oil
1 tbsp Balsamic vinegar
10g Cooked puy lentils
80g Fresh green beans, blanched & chopped
1 tbsp fresh parsley
1 tbsp Chives
1tbsp Coriander
Sea salt & black pepper to taste
8 good quality sausages

For the roasted squash:

1 Butternut squash, peeled, seeded and cut into chunks
2 Garlic cloves, peeled and chopped
2 tbsp Rape seed oil plus extra for drizzling
½ mild red chilli, seeded and finely chopped
Sea salt & black pepper to taste



- Preheat your oven to 200°C/400F/ Gas 6.
- For the lentil salad, mix all the salad ingredients together in a mixing bowl and season with the sea salt and black pepper.
- Put the butternut squash into a bowl, add the chopped garlic and a generous splash of the rape seed oil, chopped chilli, sea salt and black pepper and toss. Tip onto a baking tray and roast in the oven for 30-40 minutes until softened and becoming golden in colour. Remove from oven and reserve.
- Meanwhile grill the sausages on a medium setting; this should take 10-15 minutes, until lightly browned, allow to cool slightly and then cut into 1cm slices.
- Divide the salad between 4 plates and top with the slices of hot sausage and roasted squash.
- Drizzle with rape seed oil before serving.

For further information on the Pelican Trust you can visit their website www.pelicantrust.org

