

Butternut Squash Harissa Salad

A nourishing blend of butternut squash, chickpeas, and black rice, dressed in a spicy Harissa dressing, perfect for a satisfying meal.

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PREP TIME

10 minutes

COOK TIME

25 minutes

TOTAL TIME

35 minutes

Servings 2

Course Salad

Cuisine Global

Keyword avocado, beetroot, chickpeas, lemon, maple syrup, Nourishing, onions, plant-based, rice, salad, Spicy

Ingredients

- 245 g chickpeas cooked
- 5 g ras el Hanout (Moroccan spice mix)
- 280 g butternut squash peeled and diced
- 15 ml olive oil
- 135 g raw beetroot peeled and diced
- 1 red onion peeled, chopped in half, each half chopped in 4
- 80 g arugula
- 130 g cooked black rice
- 1/2 avocado diced
- 15 g pistachios roughly chopped
- 12 g fresh dill finely chopped

Harissa Dressing

- 80 ml dairy-free yogurt I used soy
- 15 ml lemon juice
- 7.5 g harissa paste
- 5 ml maple syrup
- pinch of salt

Instructions

1. Pre-heat the oven to 175 °C.
2. Line a large baking tray with baking paper. Layer the beetroot horizontally at the front of the baking tray, the butternut squash in the middle, and the chickpeas at the back. Drizzle with

olive oil and ras el hanout. Use your hands to make sure everything is thoroughly coated. This specific order of layering the veggies is optional, but most ovens tend to cook a bit more at the front (closer to the glass door), so layering them this way can help get the beetroot well cooked without drying out the chickpeas as they cook a bit quicker.

3. Place the onions face down on the same baking tray. Bake for 20 to 25 minutes until everything is thoroughly cooked. Allow it to cool down slightly.
4. In the meantime, prepare the Harissa Dressing by whisking the yogurt, lemon juice, harissa paste, maple syrup, and salt.
5. When ready to serve, combine the arugula, black rice, baked beetroot, pumpkin, chickpeas, and onions with the avocado, pistachios, fresh dill, and Harissa Dressing. Adjust salt to taste and enjoy!

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