

STUFFED BUTTERNUT SQUASH

A delicious way to eat squash – this dish can be made in advance and re-heated. Use as a vegetarian main dish or accompaniment



1 butternut squash (800g)
40g feta cheese
¼ tsp dried mixed herbs
Pinch of chilli flakes (optional)
1/8th teaspoon ground cinnamon
¼ preserved lemon (10g)
4 – 5 sundried tomato pieces in oil (40g)
½ tsp ground coriander
Black pepper

Hints, Tips and Variations

- ◆ *Wheat & gluten free*
- ◆ *The skin of butternut squash is very thin and can be eaten along with everything else.*
- ◆ *Feta cheese works well here because it doesn't melt & go greasy.*

Heat the oven to 190C/375F/Gas5.

Cut the bulbous end off the squash and scoop out the seeds. Cut another slice about 5mm thick to use as a lid. Reserve the remainder of the squash for another dish.

Chop the sundried tomatoes & preserved lemon, crumble the feta cheese.

Mix everything together, pack into the squash cavity and top with the reserved slice. Rub the outside of the squash with a little of the sundried tomato oil and sprinkle with pepper.

Roast for 45min, allow to cool for 10 min before serving.

Per serving 392Kcal, 15.5g Protein, 10.1g Fat (6.2g saturated), 71.8g Carbs, 25.7g Sugar, 1301mg salt