

Butternut Squash with quinoa, feta, basil & mint



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Prep Time 30 mins

Cook Time 1 hour

Serves 4

	Ingredients	Method
1		Preheat the oven to 200°C.
2	2 butternut squash 1tbsp olive oil Salt and pepper (approximately ½ tsp of each) 1 bulb of garlic	Halve and deseed the butternut squash. Place the squash cut side up on a large shallow baking tray and drizzle with the oil, then add the salt and pepper. Slice the top off the garlic bulb. Put the garlic on the tray next to the squash and bake in the oven for 30 minutes.
3	310g quinoa	Meanwhile make the quinoa according to the packet instructions then remove the pan from the heat and leave to cool in the pan.
4	2 red peppers, sliced into strips 1 large pinch (approximately ½ tsp) of fennel seeds	Slice the red peppers, removing any seeds. Remove the squash from the oven and sprinkle the red peppers around the tray (not on the squash). Sprinkle the fennel seeds over the squash, then remove the garlic from the tray and set aside. Next, put the squash back in the oven

	Ingredients	Method
		and bake for 30 minutes, or until the squash is soft when tasted with a spoon.
5	2 handfuls (approximately 60g) of pine nuts 1 small red chilli 400g feta cheese	Fry the pine nuts in a dry pan for 5 minutes, until slightly brown. Deeseed and finely dice the small red chilli.
	1 tbsp honey Salt and pepper (approximately ¼ tsp of each)	Add the pine nuts, chilli, red peppers from the tray and honey to the quinoa. Crumble the feta with your hands in large chunks. Squeeze the garlic flesh from the skins and stir everything together. Add salt and/or pepper to suit your taste. Place the squash on individual serving plates and divide the quinoa mix inside the squashes.
	1 bunch of fresh basil (approximately 25g) 1 bunch of fresh mint (approximately 25g)	Tear up the basil and mint leaves with your hands and scatter on top of the salads. Serve immediately.



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