

Stuffed Butternut Squash With Fresh Herbs, Cinnamon & Rice

Ingredients

For The Yoghurt Sauce

- 200g Natural Yoghurt Or Dairy-Free Alternative
- 2 Garlic Cloves, Minced
- 20g Finely Chopped Mint Leaves
- Salt & Freshly Ground Black Pepper

For The Stuffed Squash

- 80g Brown Or White Basmati Rice
- 1 Large Butternut Squash (Approx. 700g), Cut In Half Lengthways And Seeds Removed
- 3 Tbsp Butter Or Dairy-Free Alternative
- 1 Tbsp Olive Oil



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Ingredients

- 2 Yellow Onions, Finely Diced
- 2 Tsp Ground Cinnamon
- 20g Finely Chopped Fresh Parsley
- 20g Finely Chopped Fresh Coriander
- 20g Finely Chopped Fresh Dill
- 100g Toasted Pistachios, Roughly Chopped
- 1/2 Pomegranate, Seeds Removed
- 200g Feta (Or Dairy-Free Alternative), Crumbled



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Method

- Preheat the oven to 200C/180C Fan/Gas 6.
- Make the yoghurt sauce by whisking all the ingredients together in a bowl. Season with salt and pepper before transferring to a serving bowl. Keep chilled until ready to use.
- Bring a pan of salted water to the boil and cook the rice as per packet instructions. Drain and keep warm once cooked.
- Line a baking tray with greaseproof paper, and place the butternut squash halves cut side down on the lined baking tray. Bake in the oven for 30-45 minutes, or until cooked through and soft.
- Meanwhile, in a frying pan on a medium heat, melt the butter (or dairy-free alternative) with the oil. Add the onions and cinnamon and cook until softened, stirring often. This will take about 15 minutes. Set aside.

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Method

- When the squash is ready, remove from the oven and allow to cool a little before scooping out the flesh into a large mixing bowl. Keep the skins intact and leave on the baking tray.
- In another small bowl, mix the parsley, coriander, dill, pistachios and pomegranate seeds.
- Add the warm rice, feta, cooked onions and two-thirds of the herb mixture to the squash flesh. Mix thoroughly and then spoon equally into the squash skins. Bake in the oven for 15-18 minutes, or until piping hot.
- Carefully place the cooked squash on a serving platter, then scatter over the remaining herb mixture. Serve hot with the yoghurt sauce.