



# STUFFED BUTTERNUT SQUASH



Serves: 2  
Prep: 15 mins  
Cook: 60 mins



Nutrition per serving:  
458 kcals      24g Fats  
55g Carbs      13g Protein

## Ingredients:

- 1 medium butternut squash
- 1/2 cups (30g) quinoa, uncooked
- 1 medium onion, chopped
- 1 garlic clove, minced
- 1/2 cups (55g) feta, crumbled (you can use a cheese substitute for vegan option)
- 1 red chili, chopped
- 3 tbsp. pine nuts
- 3 springs mint, chopped
- 1 tbsp. coconut oil, melted
- salt & pepper, to taste

## Preparation:

Preheat oven to 220C (430F, gas mark 6).

Cut the squash in half and remove the pips with a spoon. Scoop out a bit of the flesh (and set aside), leaving around 1 cm around the edges. Place the squash on a baking tray and now

score the flesh with a knife. Drizzle the squash with half of the oil, then season with salt & pepper, and cook for 40 min.

In the meantime, prepare the filling by cooking the quinoa until fluffy. Then set aside. Roughly chop the scooped out flesh of the butternut squash then, heat the rest of the oil in a pan and sauté the onion along with the squash for 5-6 min until soft and browned. Then add the minced garlic and cook for another 3 min, season to taste. Once ready mix in with the quinoa and set aside, this will be your filling.

Remove the squash from the oven once cooked, and spoon the filling into the cavities. Scatter over the feta, fresh chili and pine nuts. Then return into the over for another 10-15 min, until pine nuts have browned. Finally scatter over the mint leaves and serve hot.

V

GF