



**EAT THEM
TO DEFEAT THEM**



Roasted
butternut
squash

Hull  PARTNERSHIP
www.hullfoodpartnership.org.uk


COMMUNITY
TRUST



HULL

Roasted Butternut Squash

INGREDIENTS

- One whole butternut squash
- Fresh thyme or oregano leaves
- Sea salt & pepper
- Olive oil
- 4 large garlic cloves
- 70g pine nuts – lightly roasted
- 100-150g soft goats cheese
- 1-2 x Handfuls of rocket leaves



HULL

Roasted Butternut Squash

1. Preheat your oven to 180C.
2. Cut the monstrous butternut open lengthways and place on a large baking tray to be roasted.
3. Scoop out the guts - the seeds and fibrous bits.
4. Cut deep into the flesh with a sharp knife in a criss cross pattern.
5. Using the back of your veg-killing knife, squash the gruesome garlic till their skin splits and place them (still with the skin on) inside of the hollowed out body of the butternut.
6. Drizzle the butternut with olive oil- about 1 tablespoon for each half.
7. Season the flesh with salt and pepper, then sprinkle the thyme and oregano roughly over the top.

Continue >>>



HULL

8. Place the butternut in the oven and bake for 45 minutes to 1 hour. Or until the skin starts to blister and a fork stabbed into the butternut slides through easy.
9. Remove from oven & separate the orange flesh from the skin in chunks.
10. In a medium-sized bowl, combine the rocket and goats cheese with an added 1-2 tablespoons of olive oil and salt/pepper.
11. Remove the garlic from their skin and break them in half and toss them through the salad.
12. Serve the veg with the butternut and sprinkle with some roasted pine nuts.



Another evil vegetable
defeated and ready to eat!



HULL