

Recipe name:

Roasted Butternut Squash

Recipe description:

High in nutrients and vitamins and infused with a zesty Salsa Verde. Suitable for Vegan diets.

Prep time:

5 mins

Cook time: 35 mins

Serves:

4

Made with: PEPPADEW® Sweet Piquanté Peppers

Course: Starter / Lunch / Dinner

Occasion: Family Recipe / Dinner Party

Ingredients:

- 1 whole butternut squash, skin on, halved lengthways and cut into 2 cm wedges
- 2 red onions, cut into wedges
- 2 tsp ground coriander
- 3 tbsp Olive oil
- 150 g PEPPADEW® Sweet Piquanté Peppers Mild/Hot Whole, halved

FOR THE SALSA VERDE:

- 15 g fresh coriander
- 25 g flat leaf parsley
- 5 g mint
- 10 g basil
- 2 garlic cloves
- 1 tbsp mustard
- 1 tsp red wine vinegar
- 1 tbsp cornichons
- 1 tbsp capers
- 100 ml olive oil
- Salt and pepper

TO SERVE:

- Handful pumpkin seeds
- 120 g feta, crumbled
- Drizzle of olive oil

Method:

- 1. Preheat oven to 200°C.
- 2. Spread the squash and red onion across two roasting trays they need space to roast, if the pan is too crowded, they will steam. Season well with salt, ground coriander, and freshly ground black pepper then drizzle with the oil and toss to coat. Place in the oven and cook for 35 minutes, turning halfway, then add the Sweet Piquanté Peppers and cook for another ten minutes, then remove from oven and allow to cool slightly.
- 3. While the squash is roasting, make the Salsa Verde by adding all ingredients to a blender or food processor and blitzing until you have a smooth thick sauce. You may need to add a splash of water to loosen it.
- 4. Serve the squash and Sweet Piquanté Peppers on a plate, with dollops of the Salsa Verde, crumbled feta and pumpkin seeds. Drizzle over a little more olive oil.

SERVING SUGGESTIONS:

Rosemary chicken thighs or beef stroganoff with this healthy vegetable side.