

# Helen Brown Capital Recipe

Helen will be on the Drivetime show every Thursday from 6pm in "Foodie Thursday".



## Stuffed Baked Butternut Squash

Serve on its own or as an accompaniment to some grilled or barbecue meat.

### Ingredients Serves 8

- 2 x Butternut Squash
- 1 onion
- 1 courgette
- 2 cloves garlic
- 70g sun-dried tomatoes
- 100g feta cheese, crumbled
- 220g cooked Quinoa
- 1 generous teaspoon of paprika
- 40g grated Parmesan cheese
- 30ml light olive oil
- Salt and black pepper

### Method

Preheat the oven to 200°C/400f/gas 6. Cut the butternut squash in half lengthways. Scoop out the seeds and score the flesh with a sharp knife. Make sure you do not cut through the skin. Place the squash halves cut side down on a lined baking sheet for 45 minutes. Meanwhile peel and dice the onion. Sauté in the olive oil until soft but not browned. Peel and mince the garlic and add to the onion and cook for a couple of minutes. Put this mixture into a mixing bowl. Grate the courgette and add to the mix along with the quinoa. Chop the sundried tomatoes finely and add this to the crumbled feta cheese. Season with salt and black pepper and the paprika.

Remove the squash from the oven and carefully scoop out the flesh keeping a thin wall of squash in the shell. Chop the flesh and add to the mixing bowl. Stuff the shells with the mixture and sprinkle over the Parmesan cheese. Bake for a further 15 minutes.

Approximately per portion

Kcals 248

Fat 7g

Carbs 41g

Protein 10.2g