

Olive



BUTTERNUT SQUASH

ROASTED BUTTERNUT SQUASH, FETA & BLACK SESAME SEED SALAD

INGREDIENTS

4 BUTTERNUT SQUASH
4 TBLS OLIVE OIL
2TBLS BLACK SESAME SEEDS
100G FETA CHEESE CRUMBLED
HANDFUL ROCKET LEAVES
1 LEMON ZEST AND JUICED
3 GARLIC PEARLS CHOPPED FINE
SALT AND BLACK PEPPER

METHOD

- PEEL AND DE-SEED BUTTERNUTS AND CHOP INTO 1/2 INCH DICE.
- PUT ON BAKING SHEET AND DRIZZLE OLIVE OIL, GARLIC AND ROCK SALT AND BLACK PEPPER OVER AND RUB ALL TOGETHER.
- PLACE IN HOT OVEN AND ROAST UNTIL TENDER AND LIGHTLY CARAMELISED 220 DEGREES 20\25 MINS.
- TAKE FROM OVEN ALLOW TO COOL SLIGHTLY AND SPRINKLE WITH SESAME SEEDS AND CRUMBLED FETA AND ROCKET.
- CHILL AND SERVE.

BUTTERNUT SQUASH, COCONUT & LIME SOUP

INGREDIENTS

- 2 BUTTERNUT SQUASHES PEELLED DE-SEEDED AND CUT INTO DICE AND ROASTED UNTIL COLOURED SLIGHTLY
- 2 WHOLE LARGE WHITE ONIONS, CHOPPED INTO DICE
- 3 GARLIC CLOVES/PEARLS, CHOPPED FINE
- 1.5 LTRS VEG STOCK
- 1 CAN COCONUT MILK OR COCONUT CREAM
- 2 LIMES, ZEST AND JUICE
- 1 RED CHILLI FINE DICED
- 3 TBLS OLIVE OIL

METHOD

- ROAST DICED SQUASH IN OLIVE OIL AND GARLIC CLOVES FOR 20 MINS UNTIL COLOURED SLIGHTLY
- HEAT LARGE PAN, ADD A LITTLE OIL AND ADD ONIONS, AND RED CHILLI AND THE ROASTED SQUASH
- FRY FOR 2 MINS WITHOUT COLOURING
- ADD VEGETABLE STOCK, BRING TO BOIL AND SIMMER FOR 20 MINS
- TAKE OFF HEAT AND ADD COCONUT, LIME ZEST AND JUICE
- BLEND IN A BLENDER OR LIQUIDISER UNTIL CREAMY AND SMOOTH
- SEASON AND SERVE WITH WARM SOUR DOUGH BREAD