

Butternut squash stuffed with rice

Serves 4

Preparation time: 25 minutes

Cooking time: 55 minutes – 1 hour

Ingredients

2 butternut squash

2 tbsp olive oil

1 onion finely chopped

2 garlic cloves crushed

600ml vegetable stock

150g rice

25g sundried tomatoes drained and chopped

100g goat's cheese chopped

Handful of sage chopped

Method

Heat the oven to 190C/ gas mark 5. Cut the butternut squash in half, lengthways, and scoop out the seeds. Brush the insides of the squash with a little oil and place in a roasting tin, which is filled with 1cm of water. Roast the squash for 20-30 minutes, until the squash is almost tender. Scoop out some of the flesh and roughly chop.

Heat the remaining oil in a pan, and cook the onion and garlic for 5 minutes. Stir in the rice and cook for a further minute. Add the stock to the rice and cook for another 10-12 minutes, until the rice is tender or until all the liquid has been absorbed.

To the rice, add the chopped squash, sun-dried tomatoes, goat's cheese, half the sage leaves and some seasoning. Stuff the squash with the filling, topping them with the rest of the sage leaves and cover with foil.

Place the squash in the oven and cook for 15 minutes. Serve with a green salad.

