

Dosbarth Ceginio Cooking Class

cultivate
I Gymunedau Tyfu
For Growing Communities



Butternut Squash Bake

Ingredients:

- 500g butternut squash or other seasonal squash (cubed)
 - 200g Greens e.g. spinach/ Kale/broccoli or Swiss Chard (sliced or chopped)
 - 1 large onion (sliced)
 - 2tbsp mayonnaise
 - 2 tbsp red or green pesto (nuts*)
 - 1 tin Butter Beans or Chickpeas
 - 100g grated cheddar
 - 50g bread crumbs
 - 1 Vegetable stock cube
 - Mixed dried herbs
 - Vegetable oil for frying
- (*for nut free use 2 cloves garlic, dried basil/mixed herbs, olive oil)



Serving suggestions

green salad and garlic bread



Method

- Heat oil in pan, add onions and soften for 1 minute.
- Add squash and fry for further 10 minutes until soft.
- Add the liquid from the beans and stir.
- Crumble in vegetable stock and add 200ml water and stir.
- Add Mayonnaise and stir.
- Add pesto or garlic herbs and oil.
- Add the beans from the cans.

Add your chopped greens, herbs, stir and add more water if required.
Cook for 15mins stirring occasionally.

Turn out into baking dish sprinkle over cheese and breadcrumbs.
Bake in oven at 180 c for 20 mins or until mixture is bubbling and browned on top.



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Butternut Squash Bake

Ingredients & Allergens:

Butternut squash or other seasonal squash

Greens e.g. spinach/ Kale/broccoli or

Swiss Chard

Onion

Garlic

mixed herbs

Olive Oil

Mayonnaise - (oil, **eggs**, vinegar, sugar salt, lemon juice, stabiliser, check label on packaging)

Butter Beans or Chickpeas

Cheddar - **Dairy** - (You can use vegan cheese also)

Bread Crumbs - **Gluten**

Vegetable stock cube

Mixed dried herbs

Vegetable oil

