

STUFFED BUTTERNUT SQUASH WITH SENSATIONAL MINCE

INGREDIENTS

1 pack Garden Gourmet Sensational Mince

200 g mixed 3 colors rice or 150 g mixed quinoa

2 medium or 1,5 large butternut squash

1 red apple

100 g fresh/frozen cranberries

50 g pecan nuts

35 g dried cranberries

1 tbsp agave syrup

2 sprigs of sage and rosemary

olive oil for frying

CULINARY TIP

serving suggestion

Also delicious with an arugula salad with roasted beets, feta cheese, red wine vinegar dressing and roasted pumpkin seeds.

 4 SERVINGS

 1 H.

 INTERMEDIATE

This delicious stuffed butternut squash with Garden Gourmet Sensational Mince is the perfect vegan main course to serve at your Christmas dinner!

PREPARATION

1. Preheat oven and prepare the squash

Preheat the oven to 200°. Halve the squashes lengthwise and remove the seeds. Rub the cut sides with olive oil, sprinkle lightly with salt and pepper and place on a baking tray on this side, using parchment paper if desired.

2. Bake the squash

Bake the squashes for about 40 minutes total until they are cooked and slightly colored (you should be able to pierce the flesh easily). Turn them over after about 30 minutes in.

3. Chop nuts, cranberries, and herbs and cook rice/quinoa

Roughly chop the nuts and dried cranberries, and cut the apple into small pieces. Meanwhile, cook the rice or quinoa and drain. Chop the herbs finely, and leave some for garnishing.

4. Fry Sensational Mince

Fry the Sensational Mince in olive oil in a large pan until slightly brown. Add the herbs, apple pieces, nuts and cranberries and fry them.

5. Combine and bake the rice, squash, and mince mixture

Remove the squashes from the oven. Let them cool down a bit and use a spoon to scoop some of the cooked flesh from the neck of the squash. Cut the removed flesh into pieces and mix with the rice/quinoa and mince mixture. Fill the squashes with the mixture and heat them in the oven before serving.

6. Garnish with sauce, serve, and happy holidays!

Boil the fresh cranberries in a layer of water with honey until they burst. Garnish the squashes with the cranberries, sage leaves and rosemary.

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