

## Roasted Butternut Squash and Couscous with Baby Spinach

It's fair to say that like the majority of males our Head Chef Patrick is far more personable once he's fed. In the two hours following a meal he is truly a delight to be around, but as the minutes tick on he becomes a little less coherent, until hunger takes hold and Pandora's box is flung wide open. This little lifesaver is a quick dish he makes for himself in the throes of such hunger. May it bring smiles to your dinner table too!



40 min



veggie



Butternut Squash



Red Pepper



Green Pepper



Giant Couscous



Baby Spinach



Coriander



Mint



Red Wine Vinegar



Sour Crean

Ingredients	2P	4P
Butternut Squash, chopped	2 cups	4 cups
Red Pepper, chopped	1	2
Green Pepper, chopped	1	2
Giant Couscous 1	⅓ cup	⅔ cup
Baby Spinach, chopped	2 cups	4 cups
Coriander, chopped	3 tbsp	6 tbsp
Mint, chopped	2 tbsp	4 tbsp
Red Wine Vinegar 2	1 tbsp	2 tbsp
Sour Cream 3	3 tbsp	6 tbsp

May feature in another recipe

Our produce comes fresh from the farm so give it a little wash before using

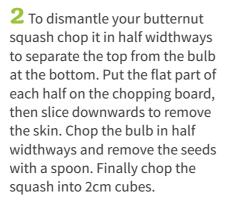
## **Allergens**

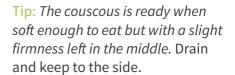
- 1) Gluten | 2) Sulphites
- 3) Milk

Nutrition per serving: Calories: 570 kcal | Protein: 12 g | Carbs: 81 g | Fat: 16 g | Saturated Fat: 10 g



1 Pre-heat your oven to 220 degrees.





6 Whilst everything is cooking roughly chop the spinach, coriander and the mint leaves. Once the vegetables are ready, remove them from the oven and add to the couscous. Stir in the spinach, the fresh herbs and the red wine vinegar. Taste and add salt and pepper if needed.



3 Remove the core from the peppers and chop them into roughly 2cm chunks.

Serve with a dollop of sour cream and a few more grinds of black pepper.



4 Toss the peppers and butternut squash in 1 tbsp of olive oil and a good pinch of salt and pepper and place on a baking tray. Cook on the top shelf of the oven for around 25 mins until a little crispy at the edges.



5 Boil a medium sized pot of water with ¼ tsp of salt for your couscous. Once boiling add the couscous and turn the heat to a gentle boil (so the pan doesn't bubble over) and cook for 8 mins.