



## BUTTERNUT SQUASH COUSCOUS

This recipe serves 4 - 6 adults

### INGREDIENTS

- 1 medium-sized butternut squash
- 1 tablespoon olive oil
- 1 red pepper - quartered and de-seeded
- 125g couscous
- 150ml boiling water – see point 5
- 1 dessertspoon vegetable bouillon powder
- 1 spring onion - finely chopped
- 75g canned sweetcorn - drained
- 75g canned or cooked frozen peas
- 50g pine nuts - toasted
- 1 - 2 sprigs fresh mint - finely chopped
- ground black pepper

### HOW TO MAKE IT

1. Heat the oven to 200°C/Gas 6. Grease the baking tray with the olive oil.
2. Cut the hard stalk off the squash and cut it in half from stalk-end to base. Scoop out the seeds with the tablespoon and discard them.
3. Carefully cut cubes into the squash flesh, using the vegetable knife. Take care not to cut right through the peel.
4. Place the squash cut side down on the oiled tray. Place the pepper next to it and bake until the flesh is soft (about 25 minutes).
5. Place the couscous and bouillon powder in a mixing bowl. Cover it with boiling water (you may need to add more than 150ml water). Stir and cover the bowl. Set it aside for 15 minutes.

### EQUIPMENT

- baking tray
- sharp knife
- tablespoon
- vegetable knife
- measuring jug
- fork
- chopping board
- polythene bag or clingfilm

6. 'Fluff' the couscous up with a fork. Add the onion, sweetcorn and peas to the couscous and mix in.

8. Remove the cooked squash and pepper from the oven. Place the pepper in the polythene bag or in clingfilm (this helps remove the skin easily).

9. Scoop out the squash flesh and add it to the couscous. Stir in and season with pepper.

10. Garnish with skinned red pepper and sprinkle with pine nuts and chopped mint.

**HOT TIP:** To toast the pine nuts, place them in a clean, dry pan and heat until they turn a dark golden-brown. Shake the pan to toast them evenly.