

## Butternut 4 Ways

### Butternut Soup

#### Ingredients:

- 1 Butternut, peeled & chopped
- 1 onion, diced
- 1 red bell pepper, chopped
- 2 tbsp Food Lover's
- Extra Virgin Olive Oil
- Salt
- Pepper
- Garlic Paste
- 4 slices of Food Lover's Market Streaky Bacon
- Fresh thyme
- 1 ½ cups chicken stock
- 1 ½ cups Food Lover's Market Coconut Milk

#### Directions:

1. On a large roasting tray spread out the butternut, onion & pepper evenly coated in 2 tbsp olive oil.
2. Season with salt, pepper and garlic paste before baking for 25 - 30 minutes at 180°C.
3. In a frying pan, cook bacon pieces until crispy and set aside.
4. Place the roasted vegetables into a large pot and season with salt, pepper and fresh thyme.
5. Add the chicken stock and coconut milk.
6. Simmer for 5 - 10 minutes.
7. Blend with a hand-held blender until smooth.
8. Serve with a dollop of cream, chopped chives and crispy bacon bits.

## Butternut Fritters

### Ingredients:

- 2 ½ cups shredded butternut
- ½ cup flour
- Garlic paste
- ¼ tsp sage
- ¼ tsp thyme
- Pinch of Food Lover's Market nutmeg
- 2 eggs
- Salt
- Pepper
- Food Lover's Extra Virgin Olive Oil for frying
- Sour cream
- Chives

### Directions:

1. In a large mixing bowl combine the butternut with flour, garlic paste, sage, thyme, nutmeg and eggs. Season the mixture with salt and pepper.
2. In a large frying pan, fry spoonfuls of the mixture in olive oil until golden and crispy.
3. Serve the butternut fritters with a dollop of sour cream and fresh chopped chives.

## Roast Butternut Salad

### Ingredients:

- 1 butternut, diced
- Baby onions, halved
- Baby spinach, washed
- 1 cup Food Lover's Market walnuts
- ¼ cup sugar
- 1 tbsp butter
- Beetroot
- Avo
- Feta
- Food Lover's Market Extra Virgin Olive Oil
- Food Lover's Market Balsamic Vinegar

### Directions:

1. Place diced butternut and baby onions on a roasting tray, top with a drizzle of olive oil and bake for 25 minutes at 180°C.
2. In a saucepan fry walnuts with sugar and butter for 5 minutes until caramelised.
3. Place the washed baby spinach into a salad bowl, topped with the roasted butternut and onion, beetroot, avo slices, crumbled feta and candied walnuts.
4. Top with a drizzle of olive and a drizzle of balsamic vinegar before serving.

## Stuffed Butternut

### Ingredients:

- 1 butternut, chopped in half
- Food Lover's Market Extra Virgin Olive Oil
- ½ red pepper
- ½ green pepper
- 2 cups vegetable stock
- ½ cup couscous
- Food Lover's Market White Cheddar Cheese
- 2 tbsp tomato paste
- Salt & pepper
- 2 tbsp tomato paste
- Fresh parsley

### Directions:

1. Cut the butternut in half and using a spoon remove the seeds.
2. Coat the butternut halves in olive oil and bake for 1 hour at 180°C.
3. In a frying pan, brown the onion with the red & green peppers. Add tomato paste and stir until mixed before adding the vegetable stock.
4. Bring to a boil, remove from the heat and add the couscous.
5. After 5 minutes fluff the couscous with a fork.
6. Season with salt and pepper.
7. Grate the white cheddar cheese.
8. Add a handful of the cheese to each butternut half, topped with a tablespoon of the couscous mixture.
9. Sprinkle cheese on top and bake at 180°C for 5 - 10 minutes.
10. Serve with fresh parsley.