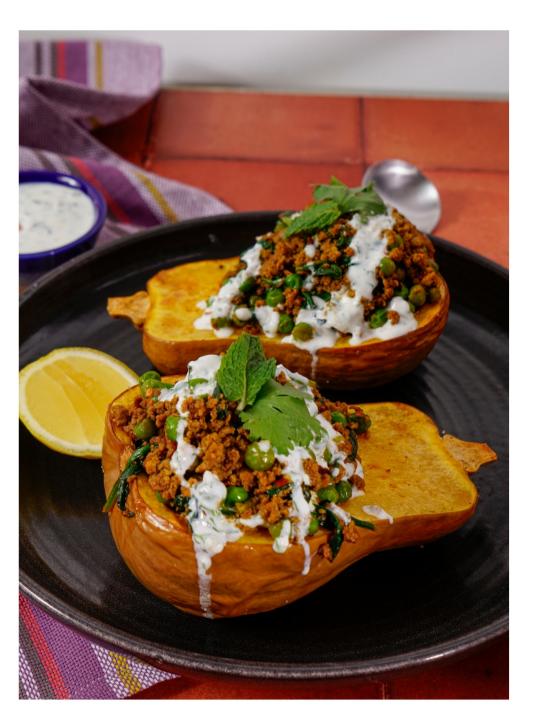


MOROCCAN STUFFED HONEYNUT SQUASH



INGREDIENTS

Baked Honeynut Squash

- extra virgin olive oil
- 1 honeynut squash halved and scooped out
- · salt & pepper to taste

Garlic Yogurt

- 1 cup yogurt
- · 2 tbs garlic minced
- 2 tbs chopped cilantro
- 2 tbs chopped mint
- · juice of half a lemon

Moroccan Lamb Mince

- 1 lb ground lamb
- 8 tbs minced garlic
- 1 1/2 ths Garam Masala
- 1 tsp turmeric powder
- 1/2 tsp paprika
- 1 tbs tomato paste or harissa
- 1 bag frozen peas
- 1 cup baby spinach
- salt & pepper to taste

INSTRUCTIONS

- 1. Preheat the oven to 375 degrees
- 2. Place the halved squash on a baking tray and drizzle with olive oil. Rub the oil over so they are evenly coated. Place in the oven for approximately 20-25 minutes or until soft when tested with a fork and slightly browned. Cooking time will vary depending on the size of the squash.
- 3. Add a generous drizzle of olive oil to a large frypan or dutch oven on a medium heat. Once heated, add turmeric, garam masala, paprika, and minced garlic to the pan and stir until fragrant. Add the lamb mince to the frypan, breaking up with a metal or wooden spatula, and stirring until browned.
- 4. Add in the tomato paste/harissa and stir through.
- 5. Add the peas and baby spinach, stirring through. Once the spinach has wilted turn the heat off and cover until the squash is ready.
- 6. To make the yogurt, add the yogurt, minced garlic, cilantro, and mint to a small bowl. Stir to combine, salt/pepper to taste and set aside.
- 7. Once th4 squash is ready, remove from the oven and let cool slightly.
- 8. Stuff each squash with the lamb mince, top with yogurt sauce and serve.

