

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 tbs 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 the 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.

