

# GEORGIE & TOM'S

EATING WELL MADE EASY



## Butternut Squash Bake

ROAST BUTTERNUT SQUASH, WITH SLOW ROAST TOMATO SAUCE, FETA, RICOTTA & ARUGULA

★★★★☆ 4.1

53 reviews

*If you have received an order prior to the 7th of January, you will have received our old recipe. For more information and cooking instructions, please follow [this link](#)*

Oven or Microwave  
6 minutes

**Shelf-life:** Day of delivery plus 5 days

530 calories per person  
Serves 2

*Vegetarian, Mediterranean, Gluten free,  
Soy free, High fibre*

*Suitable for home freezing*

### HOW TO COOK

#### *Oven for best results*

1. Preheat oven to 350F, remove film from **tray** & reserve arugula, place tray in oven for 35 -45 minutes or until piping hot.
2. Allow to stand for 5 minutes to firm up. Portion & serve using a large fish spatula
3. Serve with **arugula** drizzled with the juices from the bottom of the tray

#### *Microwave for speedy results*

1. Remove film from **tray** & reserve arugula. Microwave on full power for 6-7 minutes or until piping hot
2. Allow to stand for 5 minutes to firm up. Portion & serve using a large fish spatula
3. Serve with **arugula** drizzled with juices from the bottom of the tray

### INGREDIENTS

Butternut squash, Tomatoes, Ricotta cheese, Zucchini, Onion, Olive oil, Arugula, Slow roast cherry tomatoes, Feta cheese, Slow roast tomato paste, Carrot, Cheddar cheese, Spinach, Pumpkin seeds, Garlic, Black pepper, Thyme, Salt, Agave syrup, Lemon zest, Lemon juice, Red chili flakes, Cinnamon, Nutmeg, Basil, Oregano, Rosemary

Allergens: Milk

### NUTRITION FACTS

Calories 530, Fat 33g, Saturated fat 8g, Carbohydrates 44g, Total sugars 9g, Protein 14g, Fiber 7g, Sodium 1030mg.