



Stuffed Squash

This recipe can also be adapted to use different types of squash or even sweet potatoes, but it will taste awesome whichever way you decide!

You will need:-

- 1 tbsp sunflower oil
- 1 onion, chopped
- 2 medium carrots, diced
- 2 celery stalks, trimmed and diced
- 2 garlic cloves, crushed
- 500g mince (beef, pork, lamb, or vegetarian)
- 1 tsp Classic rub (or other rub of your choice)
- 1 tsp dried oregano
- 150ml/5fl oz red wine
- 300ml/10fl oz beef stock
- 1 tin chopped tomatoes
- 1 large butternut squash

1. To make the filling, heat the oil in a large non-stick frying pan and fry the onion, carrots and celery for 6-8 minutes until the onion is softened and beginning to brown. Add the garlic and mince and cook for 3-4 minutes, stirring constantly with a wooden spoon to break up any large clumps of meat.
2. Stir in the rub and the oregano until well combined, then add the stock, wine, tomatoes and bay leaves. Bring to a gentle simmer and cook for 30-40 mins, stirring occasionally until sauce has thickened.
3. Preheat the oven to 190C/375F/Gas 5.
4. Cut the squash in half lengthways and scoop out all the seeds. Make a groove with a spoon along the top half of the squash. Cut a thin sliver from underneath the squash so that it will lay still in the roasting tin.
5. Put the mince filling into the squash and then put the squash onto a large sheet of foil in the roasting tin. Put the squash into the oven for an hour until the squash is tender and the filling is hot. If desired sprinkle some grated cheese over the mince filling and allow to melt in the oven until golden.
6. Place onto a large plate or dish and serve.
7. Enjoy!