



**The Gathered Green**

ABN: 60 149 134 643

P: 0409 841 048

[jane@thegatheredgreen.com.au](mailto:jane@thegatheredgreen.com.au)

## STUFFED BUTTON SQUASH

Thank you ohsheglows.com for inspiration towards this recipe and for the picture.

Serves 2 to 3

### Ingredients

- 4 to 6 button squash
- 1 large carrot
- ½ medium head of broccoli (and stalk)
- 1 small onion
- 1 cup short grain brown rice
- 2 cups of vegetable stock (homemade or additive free)
- 1-2 garlic cloves, poked with a fork
- 3 tablespoons tomato paste
- 1.5 tablespoons butter
- Pinch or two of salt
- Freshly ground black pepper
- 1 tablespoon pine nuts, toasted
- Fresh basil, to garnish
- Freshly ground black pepper, to garnish
- Grated parmesan, to garnish





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## Method

Take a medium sized pot and bring 2 cups of stock and poked garlic cloves to boil on high. Add rice and stir well, checking often. Add more stock if it gets too dry. After approximately 10 minutes, reduce to medium heat. Cook for 20 to 25 minutes over medium heat. Check often and add more stock to prevent from burning.

While the rice is cooking, take a large pot and fill with 3cm of water and bring to boil. Place squash in pot and cook for 7 to 8 minutes. Remove from heat, drain and allow to cool.

Prepare the stuffing. Roughly chop the carrot, broccoli and onion and process in a food processor until fine.

To make the sauce for the rice, place the butter in a small pan and heat until soft. Mix in the tomato paste until smooth.

When rice is cooked, remove garlic cloves and add tomato paste/butter mixture, stir well. Add salt and pepper to taste.

Take the cooled squash and slice off the heads (see picture above). Remove the insides carefully with a spoon. Add squash flesh to the processed mixture of carrots, broccoli and onion, mix well.

Place the processed vegetables and toasted pine nuts into the rice pot, stir well.

Stuff the squash with the rice/vegetable mixture. Take remaining leftover rice mixture and scoop it onto the pan around the squash. Bake in the oven at 180 degrees for about 20 minutes.

Sprinkle with chopped basil, grated parmesan (optional) and cracked pepper.

Enjoy!

Jane

