



TREWITHEN DAIRY
GLYNN VALLEY · CORNWALL

HASSELBACK BUTTERNUT SQUASH WITH COUSCOUS

INGREDIENTS

1 Butternut Squash, peeled, halved and deseeded

1 Red Onion, quartered

3 tbsp Olive Oil

100g Trewithen Dairy Salted Butter

Bunch of Sage

1 tbsp Ground Nutmeg

150g Couscous

150ml Hot Vegetable Stock or Boiling Water

2 tbsp Dried Cranberries

2 tbsp Flaked Almonds

100g Feta Cheese

Handful Chopped Herbs – Mint, Parsley and Coriander work well

To serve – 2 tbsp Trewithen Dairy Natural Yoghurt

METHOD

Preheat oven to 200°C

1. Take each butternut squash half and slice horizontal lines as closely together as possible, leaving half a centimetre gap before cutting through. You can line up a couple pens either side of the squash as a guideline so you don't cut all the way through.
2. Put the butternut squash on a baking tray before rubbing with olive oil, Season very generously with salt, pepper and nutmeg. Push individual sage leaves through the butternut squash gaps. Take clumps of butter with your fingers and push them through the butternut squash gaps. This will slowly melt and allow the top to become squidgy and charred. Arrange the quartered red onion around the butternut squash and cook for 40 minutes or until soft throughout and golden on top, checking from time to time.
3. Put the couscous in a bowl with the cranberries, flaked almonds, salt and pepper and stir through. Pour in boiling water or stock and cover with a tight reusable lid or cling film and leave for five minutes. Fluff up the couscous well with a fork and add the chopped herbs, leaving some for scattering on at the end.
4. To serve, arrange the couscous on a plate and place the butternut squash and red onions on top. Spoon yoghurt over in dollops and garnish with remaining herbs, cranberries and crumbled feta.