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by Liz Robb

Stuffed Baby Squash

Ingredients

2 baby squash*
3 teaspoons of olive oil
2 cloves of garlic
1 leek
100g chestnut mushrooms
20g butter
150-200g cooked wholegrain rice and quinoa
A little vegetable bouillon
50g Wensleydale cheese***
A few sprigs of fresh thyme
Servings
2
Person

Preparation

1. Preheat the oven to 180 degrees, or 160 degrees fan oven. Lightly grease a small baking sheet. Slice off the little nub at the base of each squash, allowing them to stand straight.
2. Slice off and retain the top of each squash. Scoop out and discard the fibrous pulp and seeds, leaving a cavity ready to stuff. Score the inside flesh and then rub each one with half a teaspoon of olive oil. Rub with a cut garlic clove and season.
3. Place the squash and lids on the baking sheet and roast for 30-40 minutes, or until the flesh is soft.
4. Clean, halve and finely slice the leek. Peel and finely chop the remaining clove of garlic. Wipe and finely chop the mushrooms.
5. Halfway through the roasting of the squash, melt the butter and 2 teaspoons of olive oil in a pan over a low heat. Saute the leek for 2 minutes and then add the garlic and mushrooms and cook gently for a further 8 minutes.
6. Meanwhile, prepare the wholegrain rice and quinoa. Stir in 2-3 tablespoons of hot vegetable bouillon.
7. Mix the grains into the sauteed vegetables. Add the cheese, crumbled into small pieces, and some finely chopped thyme. Season with salt and black pepper.
8. Divide the filling between the two roasted squash, replace the lids and serve.

Cooks Note

*There are many varieties of small squashes to choose from; I used one Acorn squash and one Red Kuri.
** I used a ready prepared pouch of wholegrain rice and quinoa for speed and convenience, but any grain such as basmati or long grain rice, quinoa or couscous would work well.
***Any white crumbly cheese, such as Cheshire or Lancashire, could be used instead of Wensleydale.
Serve this dish as an attractive and healthy vegetarian dish just as it stands, or accompany with simply grilled chicken, or even sausages.