

WEEK



RECIPE OF THE WEEK

By **David Gillick**
Nutrition Support

DAVID'S RECIPE OF THE WEEK

BEEF AND WHOLE ROASTED BUTTERNUT SQUASH (DINNER)

INGREDIENTS (SERVES 3)

1 tbsp. olive oil

350g minced beef

1 large butternut squash

2 garlic cloves, chopped

3 tsp chinese five spice

1 tbsp. worchester sauce

Pinch of chilli flakes

1 avocado

Juice of 1 lime

Salt and pepper

2 little gem lettuces

2 tbsp. natural yogurt

Small bunch of coriander, chopped

METHOD

1. Heat oven to 170°C, place whole butternut squash in the middle of the oven and roast for 40 minutes.
2. With 10 minutes left of roasting time, heat oil in a frying pan, add beef and cook until brown.
3. Turn down heat and add garlic, five spice, worchester sauce and chilli, mix well and cook for 3 minutes.
4. Meanwhile peel and de-stone the avocado. Mash with lime juice in a small bowl and season with salt and pepper.
5. To serve, cut butternut squash in half, length ways, scoop out seeds and discard. Scoop out flesh and place in bowl, season and mash. Divide mash into separate bowls, spoon over beef, then top with mashed avocado, yogurt and coriander.