

Kev's Kitchen

SQUASH, YOGURT & POMEGRANATE

Time: 45 minutes

Serves: 4

Ingredients:

1kg peeled and seeded butternut squash - cubes to 2cm
30ml avocado oil (or other cold-pressed, neutral-flavoured oil)
5g salt
1g black pepper
50g raw pumpkin seeds
200ml plain Greek yogurt
10g fresh basil leaves - chiffonade
20ml pomegranate molasses

Preparation:

Preheat your oven to 220C.

Toss the squash cubes with the oil and salt to coat evenly. Spread on a sheet pan and place in the oven for thirty minutes, turning a time or two.

Bake the pumpkin seeds on a separate pan for the last five minutes of the squash's cooking time.

Spread the yogurt across the bottom of the serving vessel. Add the squash. Top with the pumpkin seeds and basil, then drizzle with the pomegranate syrup.

Nutritional Information Per Serving:

Calories: 300
Fat: 15g
Carbs: 37g
Fibre: 6g
Protein: 10g