

## Kev's Kitchen

# GARAM MASALA SQUASH

**Time: 35 minutes**

**Serves: 4**

### Ingredients:

20g cold-pressed avocado oil  
2g salt  
2g garam masala  
1 acorn squash

### Preparation:

Preheat your oven to 190C.

In a small bowl, whisk together the oil, salt and garam masala.

Scrub the outside of the squash. Cut it in half from stem to base. Scoop out and discard the seeds. Cut into one-centimetre slices.

Drizzle the squash with the oil mixture and toss to coat.

Place the slices on a parchment-covered baking sheet and bake for twenty-five minutes.

Remove from heat and serve immediately.

### Nutritional Information Per Serving:

Calories: 87  
Fat: 5g  
Carbs: 11g  
Fibre: 2g  
Protein: 1g