

Stuffed Butternut squash with cheesy sauce



This recipe makes six potato cakes. They are quite spicy so if you prefer your food a little milder, we would recommend adding a little less cayenne pepper. These little beauties are an ideal side dish to accompany rice or why not try them out at your next BBQ as starter before the main courses!

What you'll need:

Frying pan, saucepan, baking tray, weighing scales, measuring spoons

Ingredients

Sauce

- 50g butter
- $\frac{1}{2}$ tsp salt
- $\frac{1}{4}$ tsp black pepper
- 100g grated plant based cheese (we use Tesco own brand coconut oil alternative)
- 1 $\frac{1}{2}$ tsp nutritional yeast
- 50g cream cheese
- 50ml plant base milk (we use soya milk)
- 1 tbsp white wine

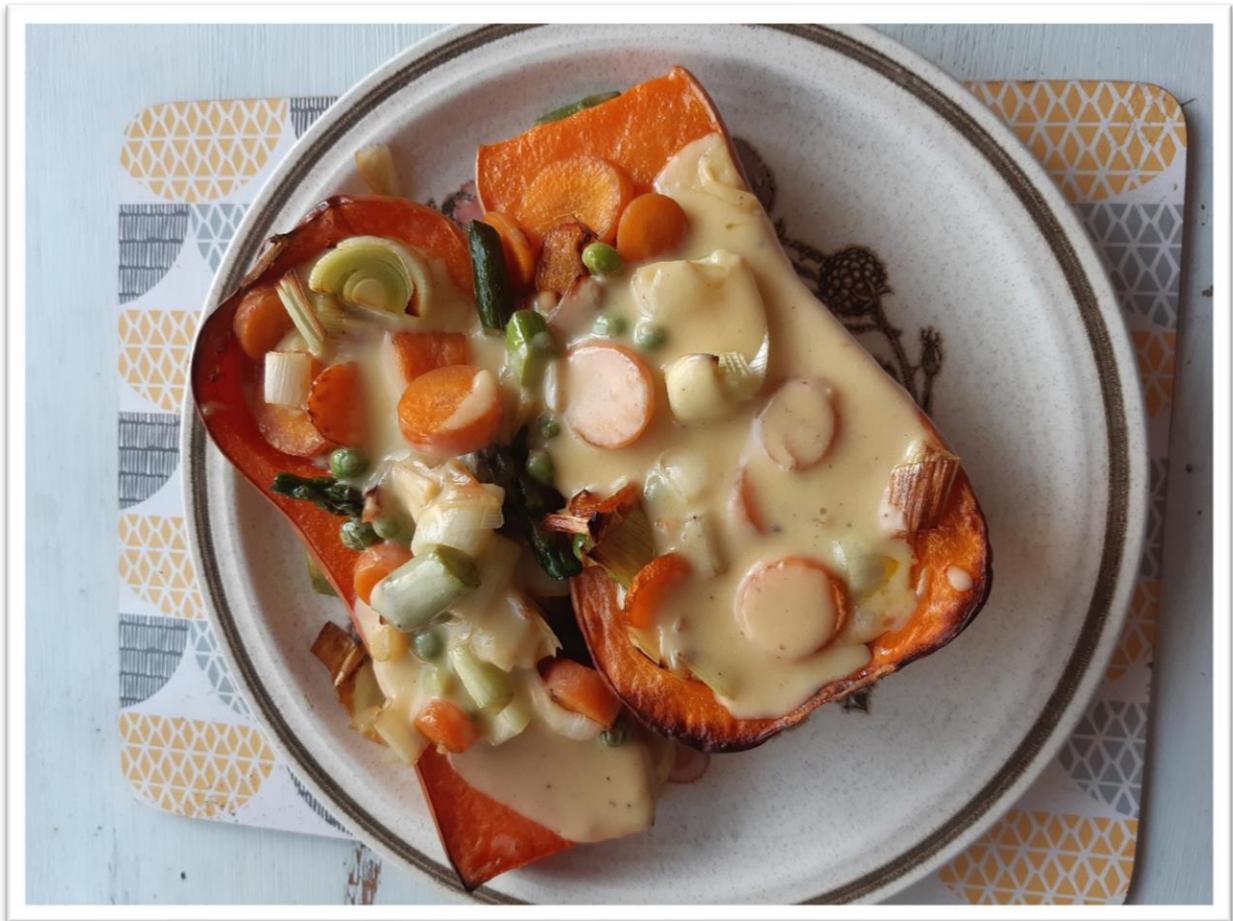
Butternut squash

- 2X Butternut squash halved and seeds removed
- 3 asparagus diced
- 1 leek chopped
- 2 carrots chopped
- 1 large garlic clove minced
- 1 tbsp oil (for frying)
- 1 tbsp garlic oil (alternatively add an extra garlic clove to the mix and use regular olive oil)

Method

1. Preheat oven to gas mark 7
2. Place butternut squash onto a baking tray, skin side down and drizzle with garlic oil
3. Bake in the oven for half an hour or until the flesh is soft
4. In a saucepan melt butter
5. Add grated cheese and nutritional yeast
6. Wait until the cheese has melted then add salt, pepper, cream cheese, milk and wine
7. Stir well and simmer
8. Heat oil in a separate frying pan and add the chopped vegetables

9. Fry for 3-4 minutes until slightly charred
10. Once the squash is cooked remove from the oven
11. Scoop out some of the flesh and mix in with the fried vegetables
12. Drizzle a little of the sauce over the squash then add the fried vegetables on top
13. Top with a little more sauce
14. Place back into the oven for a further 10-15 minutes
15. Keep stirring the sauce over a low heat while the veg are cooking
16. After 10-15 minutes remove from the oven, plate up and drizzle over the rest of the sauce



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