



Middle Eastern Butternut Squash
With
Pistachios and Baharat Spice

Ingredients

1.4 kg butternut squash
5 cloves of garlic
3 heaped tsp of dried thyme or 12 sprigs fresh thyme
4-5 heaped tsp of Baharat spice
4 tbsp extra virgin olive oil
2 onions, chopped
120g pistachios
80 flaked almonds
60g sultanas
Spinach or Kale
Juice of half a lemon

Method

1. Heat oven to 180C fan or 200C.
2. Soak sultanas in water for 30 minutes
3. Peel and chop butternut squash into ½ inch cubes and put in a bowl
4. Chop cloves of garlic and add to butternut squash
5. Mix olive oil, Baharat spice, thyme, salt and pepper in a small bowl and then add to butternut squash
6. Add chopped onion to butternut squash and mix together
7. Bake in oven for 40 minutes
8. Steam spinach or kale
9. Mix spinach/kale into butternut squash
10. Add pistachios and flaked almonds
11. Squeeze juice of half a lemon into the butternut squash and mix in.

Serves 6



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