

Butternut Squash Bake

Serves 4

Ingredients

1 Butternut squash, peeled and chopped
2 red onions, chopped
1 apple, chopped
1 cup pecans, chopped
1 teaspoon cinnamon
Chopped coriander
2 tablespoons coconut oil, melted
½ cup Chevre goat cheese or feta cheese

Method

1. Peel and chop butternut squash into ½ inch squares. Toss 1 tablespoon melted coconut oil and roast in the oven at 350F/180C for 30 minutes.
2. Melt coconut oil in a frying pan and add onions. Cover and cook on a low heat until caramelised, about 15-20 minutes.
3. Top cooked butternut squash with chopped apple, pecans, feta cheese and coriander. Sprinkle with cinnamon.