



Recipe

Squash and seeds roast

Our brand new vegan roast dinner is packed full of exciting flavours like butternut squash, cranberries, chestnuts and pumpkin seeds. Serve with classic roast potatoes and gravy to make the perfect comforting and nutritious meal for little ones.

Ingredients

A splash of cooking oil
1 Small aubergine
½ A red onion
2 Cloves of garlic
½ A butternut squash

2 Sprigs of sage
1 tbsp Tomato puree
½ tsp Cinnamon
100g Chestnut puree
70g Chopped pumpkin seeds
40g Chopped sunflower seeds
1 Veg stock cube

50g Dried cranberries
50g Dried chopped apricot
40g Bulghur wheat
1 Drained tin of chickpeas
1 tsp of marmite
A splash of water
A splash of balsamic vinegar
2 Sprigs of rosemary

Method

Preheat your oven to 160°C. Cut the aubergine, red onion and butternut squash into small chunks. Finely dice (or grate!) the garlic and chop the herbs.

Add the cooking oil to a wide based pan on a medium heat and add onions and aubergine, cook gently until golden. Add squash, garlic, rosemary and sage and stir well to combine.

Add tomato puree and reduce heat, gently cook for at least 20 minutes until the squash is just starting to soften (this time will depend on how big you have chopped it).

Add all remaining ingredients and stir well to combine everything, cook gently for another 10 minutes, adding a few more drops of water if you need.

In the meantime, line a small baking tray with parchment paper and once everything in the pan is ready, transfer to the tray, pressing down lightly to compact it, we want it to be about 1 inch thick but it doesn't matter too much as you could cook it for more or less time depending on how thick it is.

Roast for around 30 minutes until the top has started to brown and crisp. Serve with roast potatoes and enjoy!

Nutritious delight with every bite

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