

Harissa Roasted Butternut Squash

Serves 2

What you'll need:

Main ingredients	Fresh/ frozen	Store cupboard
<ul style="list-style-type: none">• Butternut squash, 1 whole seeds removed sliced lengthways• Fresh dill, optional	<ul style="list-style-type: none">• Tin of tomatoes• Garlic, 1-2 crushed cloves• Onion, 1 sliced• Feta cheese, optional• Lemon zest, optional	<ul style="list-style-type: none">• Harissa paste, 1-2 tbsp• Smoked paprika, ½-1 tsp• Bay leaves, about 6 if you have them• Olive oil, 1 tbsp• Salt & pepper, to taste

Method:

1. Pre-heat the oven 200 fan. Wash, deseed and 'hasselback' the squash, see the image below for how to do this. I found slicing the squash into 1cm slices first then slicing those in half easiest. Alternatively just cut lengthways into slices or chunks, it will still taste great!
2. In a bowl, or directly into the ovenproof baking dish you're going to cook in, add a tin of tomatoes, a tbsp or 2 of Harissa paste, 1-2 crushed garlic cloves, ½ or 1 tsp of smoked paprika and a little olive oil. Mix well, this is your sauce base. Thickly slice the onion into rounds and place on top of the sauce, these will act as a trivet to the hasselback squash halves. Rub some olive oil, salt and pepper on the squash. Snap a couple of bay leaves in half and slot them into the gaps
3. Cover the dish with foil and bake for 30 minutes, after which you can remove the foil, glaze the squash with a teaspoon of honey if using and bake for a further 30 mins or until the squash is cooked through
4. If you're using the optional extras - and I recommend that you do, now's the time... to top with some feta/dill/lemon zest or all 3!
5. Serve with your choice of protein, and a side of greens

Notes & tips

harissa paste a lovely little store cupboard ingredient to have to hand. It's a smoky chilli paste and is great added to tomato based sauces and casseroles for a fragrant and spicy hit

sauce i think that this sauce would be really versatile, it could be a great base to a sausage or vegetable casserole. One I'll re-visit and experiment with for sure

cook ahead follow steps 1-3, cover with foil and reheat when needed. Sprinkle with any extras just before serving