



# BEEF STUFFED BUTTERNUT

SERVES: 6

TOTAL TIME: 90 MINUTES

GF

## INGREDIENTS

- 1 **butternut squash**, halved lengthways
- 1 tsp **olive oil**
- 1/2 **brown onion**, diced
- 200g **beef mince**
- 200g **kidney beans**, drained and rinsed
- 200ml (tin) **tomatoes**, chopped
- 100g **cheddar cheese**, grated
- 2 tbsp **coriander**, leaves picked

## INSTRUCTIONS

Start by preheating oven to 190°C/375°F/Gas 5. Line a baking tray with baking paper and set aside.

Use a spoon to scoop out all the squash seeds, then use a knife to make a criss-cross pattern across the soft side of the squash.

Add oil and onion to a fry pan and cook on high heat for 1-2 minutes. Next, add the beef and cook for about 6 minutes, or until browned. Throw the kidney beans in for the last 3 minutes. Stir through the tinned tomato, remove from the heat and set aside.

Place squash on the baking tray and cook for 1 hour.

Remove from the oven, spoon the beef mixture into the cavity of the squash, top with cheese and cook for an additional half an hour.

Season with salt & pepper and garnish with coriander.

### MACROS PER PORTION

CALORIES	330	PROTEIN	18
CARBS	42	FATS	10
FIBRE	10		