

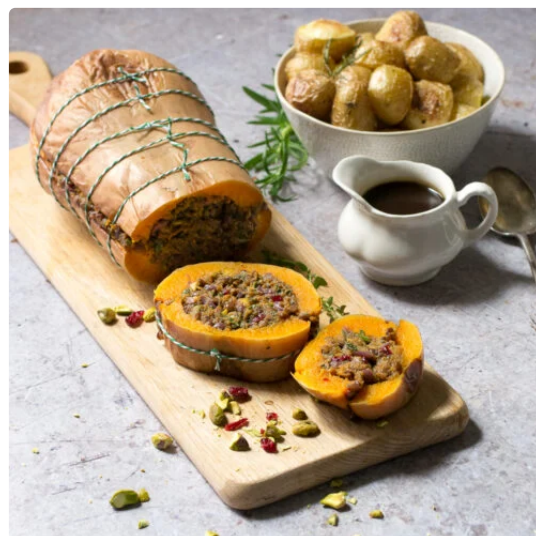
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Festive Butternut Roast

Kate Ford | The Veg Space

This Christmassy butternut roast is jam-packed with festive flavours - pistachios, cranberries, red wine, puy lentils, rosemary and thyme. It can be made ahead and reheated on the big day, so no last minute rush!

★★★★★ 4.91 from 32 votes



♥ BOOKMARK



PREP TIME

15 mins

COOK TIME

50 mins

TOTAL TIME

1 hr 5 mins



COURSE

Main

CUISINE

British

SERVINGS

4 people



CALORIES

401 kcal

INGREDIENTS

- 1 large butternut squash
- 2 tbsp olive oil
- 1 red onion
- 2 cloves garlic peeled and crushed or finely chopped
- 100 g puy lentils
- 70 g frozen or fresh cranberries
- 2 stalks fresh rosemary leaves stripped and finely chopped
- 2 stalks fresh thyme leaves stripped
- 1/2 tsp freshly grated nutmeg

- 75 ml red wine
- 250 ml vegetable stock
- 80 g fresh spinach unsalted, finely chopped
- 50 g pistachios roughly chopped

INSTRUCTIONS

1. Preheat the oven to 180°C / 350°F / Gas Mark 4.
2. Slice the butternut squash in half lengthways, and scoop out and discard the seeds. Brush or spray with a little oil, then bake in the oven for 40-45 minutes until the flesh is tender enough to scoop out with a spoon. Remove from the oven and set aside until cool enough to handle.
3. Meanwhile, in a large saucepan or frying pan with a lid, heat the olive oil and add the onion and garlic. Cook over a gentle heat for 5 minutes until softened.
4. Add the lentils, cranberries, rosemary and thyme leaves, nutmeg, red wine and vegetable stock, bring to the boil, then cover and lower to a gentle simmer. Cook for 30 minutes or until the lentils are tender, (but still have a little bite to them). NB you may need to add a little more water near the end of cooking time if the lentils have soaked up all the liquid - keep an eye on them and stir regularly.
5. Take one half of the butternut squash and scoop out most of the flesh with a spoon, leaving a little all the way around so that the squash holds its shape. Be careful not to tear the skin if possible, (though the occasional hole won't be disastrous!).
6. Add the squash flesh to the pan of lentils, and mash it into the mixture with a fork. Repeat with the other squash half. Taste the mixture, and add salt as necessary.
7. Stir the spinach and pistachios into the lentil mixture, and mix well to combine, then spoon the mixture into both halves of the squash until it is level, there may be a little left over, but keep this aside to serve separately - don't over-fill or you will lose the nice, neat circular shape of your roast.
8. Place one half on top of the other, then tie with string every 3-4 centimetres.
9. Return to the oven for 10 minutes until piping hot throughout.

ENVIRONMENTAL INFORMATION

NOTES

Simmer the filling until all the liquid has bubbled away. It should be fairly dry so that it keeps its shape when stuffed into the squash.

Don't scoop out too much squash. Leave a border all around so that the squash keeps its shape and slices well.

Don't over-fill the squash. If you have too much filling, leave some out and serve it on the side.

NUTRITION

Serving: 1portion

Calories: 401kcal

Carbohydrates: 61.9g

Protein: 12.5g

Fat: 13.8g

Saturated Fat: 1.8g

Sodium: 97mg

Potassium: 1444mg

Fiber: 15.8g

Sugar: 10.1g

Calcium: 216mg

Iron: 6mg



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