

Beef stuffed Butternut

CAL: 330 PROTEIN: 18 CARBS: 42 FIBRE: 10 FAT: 10



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SERVES:

6



TIME:

90 minutes



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

Calories: 330

Protein: 18

Carbs: 42

Fat: 10

Fibre: 10