

Butternut Squash Burgers



Serves 4 **Prep 20 mins**

Cooking 20 - 30 mins

Easy

Ingredients

1 butternut squash (choose one with a long neck, if you can)
2 tbsp veg oil
1 small red chilli, finely chopped (optional)
1 large garlic clove, finely grated
small handful of parsley, finely chopped
handful of wild rocket or shredded lettuce leaves
4 burger buns
4 tbsp mayonnaise
1 large tomato, sliced into 4, to serve

1. Cut the squash in half where the neck meets the bulbous part. Reserve the bulbous part for another recipe. Trim the stem at the top of the neck. Carefully slice into 1cm discs - you should get about 8, depending on the length. Peel the skin with a potato peeler. Set aside.
2. Mix the oil with the chilli, the garlic & a pinch of salt & ground pepper in a bowl.
3. Light the barbecue and wait until the coals are ashen. Brush one side of the squash discs with the mixture, then season with salt. Cook oiled-side down for 10 mins, closing the barbecue, if you can and basting with more of the oil mixture every few minutes until the discs begin to soften. Flip over, brush with more of the oil mixture, & cook for 10-15 mins more, continuing to baste as before. Once tender and slightly caramelised, they are ready. Toss the parsley and rocket in the remaining oil mixture.
4. Serve two squash burgers per bun, also filled with some of the dressed rocket and parsley leaves, a spoonful of mayo and slice of tomato.
5. **Rain or shine:** To cook indoors, heat a frying or griddle pan over a medium-low heat. Brush one side of each squash disc with the oil mixture as before, and cook for 15mins, until slightly charred and starting to soften. Cover with a lid. Flip over, baste again and cook for 10-15 mins more until tender and slightly charred.