

Butternut Squash & Tahini Spread



Serves 4-6

Prep 10 mins

Cooking 70 mins

Easy

Ingredients

1 large butternut squash (\pm 1.2 kg), peeled and cut into chunks (\pm 970g)
3 tbsp olive oil
1 tsp ground cinnamon
70g light tahini paste
120g Greek yogurt
1 tsp mixed black & white sesame seeds (or just white)
1½ tsp date syrup
salt
chopped parsley (optional)
serve with lettuce & cucumber salad and roasted cherry tomatoes

1. Preheat the oven to 200C/Fan 180C/ Gas 6.
2. Spread the squash out in a medium roasting tin. Pour over the olive oil and sprinkle on the cinnamon and ½ tsp of salt. Mix well, cover the tray lightly with foil and roast in the oven for 70 mins, stirring once during the cooking. Remove from the oven and leave to cool.
3. Transfer the squash to a food processor bowl, along with the tahini and yoghurt. Roughly pulse so that everything is combined into a coarse paste, without the spread becoming smooth; you can also do this by hand using a fork or potato masher.
4. Spread the butternut in a wavy pattern over a flat plate and sprinkle with the sesame seeds, drizzle over the syrup and finish with some chopped parsley if you wish.