

Butternut squash, Feta & Parsley Patties



Serves 2 Prep: 10 mins – Chill: 30 mins Cook 10 mins Easy

Ingredients

cooked butternut squash 300g, roughly mashed
feta ½ pack, roughly crumbled
parsley a handful, chopped
pine nuts 1 tbsp, toasted (some supermarkets sell them ready toasted)
flour for dusting, any type will do
olive oil

To serve

lemon wedges
natural yoghurt (the Greek stuff is the creamiest)
green salad

1. Mix the squash, feta, parsley and pine nuts and season well. Shape into 2 patties and dust with flour.
2. Chill for 20-30 minutes. Heat a little oil in a non-stick pan and fry the patties for 10 minutes, turning carefully once, until golden. Serve with lemon wedges and natural yoghurt on the side, and a green salad, if you like.
3. **Note:** The best way to use up your leftover squash or use sweet potato instead. Mixed with feta, pine nuts and parsley they can be made into easy and quick-to-cook patties or mini burgers. Good for a midweek meal for two or as a hearty lunch for one. Serve with green leaves and a wedge of lemon.