

## Roasted Butternut Squash with Cardamom & Orange



**Serves 2**

**Prep 15 mins**

**Cooking 45 mins**

**Easy**

### **Ingredients**

1 butternut squash, about 650 - 750g

1 large red onion

2 tbsp olive oil

chopped parsley to garnish

### **For the glaze:**

8 cardamom pods

15 - 20g muscovado sugar

3 tbsp fresh orange juice

1. Peel the squash, remove the seeds and cut each half into 5 or 6 pieces. Boil the squash in salted water for 3 minutes then drain.
2. Cut the onion into 6 segments and put in roasting tin with the squash and olive oil, coating well. Roast at 220C/ Fan 200C/ Gas 7 for around 30 minutes until tender and colouring on the edges.
3. To make the glaze, crush the cardamom pods in a pestle and mortar. Extract the seeds, chuck the pods, then crush the seeds until they resemble coarse ground black pepper. Mix the seeds with the orange juice, sugar and adjust for taste with salt and pepper.
4. Toss the roasted veg gently in the glaze and roast for 15 minutes more, tossing a couple of times, until lightly charred. Serve hot, scattered with parsley.