



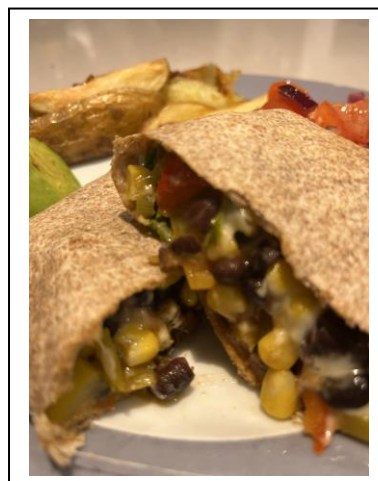
Butternut Squash and Bean Quesadillas

Serves 4

You can roast your squash at the same time as making 1kg of my breakfast granola, and use straight away, or allow to cool and assemble later. This saves you time and energy heating the oven.

(For a tasty and nutritious snack, the butternut squash seeds can be scooped out, washed in a colander, and roasted on a baking tray with a sprinkling of olive oil, sea salt and paprika for 10 minutes. A lovely little popcorn / peanut alternative)

- 1 butternut squash (cut in half lengthways and roasted flesh uppermost at 180°C for 45 minutes.
- 3 cloves garlic, chopped
- 4 spring onions, chopped
- 1x 400g chopped tin tomatoes
- 1x 400g tin black beans, drained
- 75g sweetcorn
- 1 yellow and 1 green pepper, chopped
- 2 tsp paprika
- ½ tsp chilli flakes
- 1 tsp ground coriander
- Salt and pepper
- 1 tbsp or juice of 1 lime
- 4 wholemeal flour tortillas
- 1 block of halloumi cheese



Method

- Add the onions, garlic and peppers to a deep frying pan and fry gently in a little olive oil.
- Add the tomatoes, beans, sweetcorn and spices, and allow the tomato juice to reduce whilst simmering for 10 minutes. Scoop out the cooled flesh of the squash, separate the seeds and add the flesh to the pan. Mash it into the tomato mixture.
- Season and add lime juice. Give it all a good stir and taste, heating through the squash and soaking up the tomato juice, so not runny.
- Turn your grill to a medium heat.
- Place the tortillas on a very lightly greased baking tray. Scoop the butternut mixture onto half a tortilla, add slices of halloumi and fold. Repeat with the other tortillas, then place on a low shelf under the grill for 2-3 minutes, but watch the tortillas don't burn. Lift out and carefully turn each tortilla over with a fish slice. Repeat to crisp the other side.
- Serve with a selection of green leaves, drizzled in extra virgin olive oil and slices of avocado.