

Baked butternut pie

Ingredients

1	medium butternut, peeled, cubed
20ml	oil
1	onion, chopped
1	green pepper, chopped
	garlic
1 cup	cut corn, frozen, defrosted
2ml	cumin
1ml	coriander
pinch	salt, two finger pinch
3	eggs
50ml	grated cheese

Method

- Heat oven to 180°C.
- Brush a pie dish with oil.
- Cook butternut in a little water. Drain and mash slightly.
- Cook onion, peppers and garlic in oil until light brown.
- Add butternut and cut corn to onion mix.
- Add seasoning.
- Beat eggs and stir cheese in.
- Stir vegetable and egg mixtures and pour into the baking dish.
- Bake for 35 minutes, or until set and browned.



Butternut soup with split peas

Ingredients

50g	peas, split, green
5ml	oil
1	medium onion
2ml	curry powder
pinch	ground ginger
3	butternuts, medium, peeled, cubed
1	potato, peeled, cubed
1	apple, peeled, cubed
5ml	chicken stock paste, low sodium
	water, as needed.

Method

- Simmer split peas until nearly tender, about 20 minutes. Drain.
- Heat the oil and cook the onions until they are golden brown
- Add the spices and cook for two minutes, stirring all the time.
- Add butternut, potato, apples, salt and chicken stock.
- Add just enough water only to cover.
- Add half-cooked peas.
- Bring to the boil, then reduce heat and simmer for 25 minutes. Remove from the heat and strain. Reserve the liquid.
- Mash the vegetables with a potato masher.
- Return the reserved liquid to pot and add additional boiling water up to the desired volume.