

Savoury Squash

7 ingredients · 35 minutes · 4 servings



Directions

1. Preheat the oven to 400F and line a baking sheet with parchment paper.
2. Add the chopped squash to the baking sheet, drizzle with avocado oil, sea salt and pepper and bake for 22 to 25 minutes, or until tender when pierced with a fork. Add the chopped hazelnuts to the baking sheet at the halfway point.
3. Remove the squash from the oven and transfer to a platter. Garnish with goat cheese and fresh parsley. Serve and enjoy!

Notes

Nut-Free

Omit the hazelnuts and use pumpkin or sunflower seeds instead.

No Parsley

Omit or use another fresh herb of your choice.

No Avocado Oil

Use extra virgin olive oil or melted coconut oil instead.

Ingredients

- 1 Delicata Squash (washed and chopped with skin on)
- 2 cups Butternut Squash (peeled and chopped)
- 1 tsp Avocado Oil
- Sea Salt & Black Pepper (to taste)
- 1/4 cup Hazelnuts (roughly chopped)
- 1/4 cup Goat Cheese (crumbled)
- 1 tbsp Parsley (chopped)