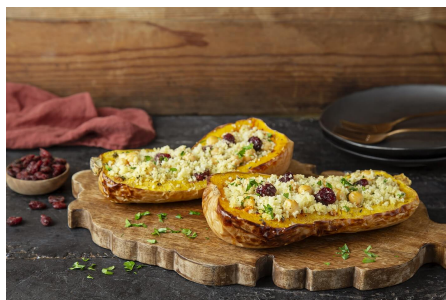




Roasted pumpkin filled with chickpeas and couscous



Categoria
Vegetariano



Tempo de preparação
Médio



Dificuldade
Médio



Custo
Intermediate



Com quem?
Meal for two



Nº de pessoas
4 pessoas

Ingredientes



3 tbsps of Victor Guedes
Extra Virgin

- 2 butternut squashes
- 2 garlic cloves
- To taste: thyme
- 200g of cooked chickpeas
- 1 cup of couscous
- 50g of cranberries
- To taste: chopped parsley
- To taste: salt
- To taste: pepper

Method of preparation

1

Cut the squash in half, remove the seeds and place them in a oven tray.

2

Season with salt, pepper, thyme and the chopped garlic. Drizzle with Victor Guedes Extra Virgin Olive Oil and cook in the oven at 190°C for approximately 30 minutes.

3

Cook the couscous in a bowl according to the instructions on the package.

4

To the couscous, add the chickpeas, the cranberries and the parsley, season with salt and pepper and drizzle with some more olive oil.

5

Stuff the squash with the couscous mix and serve immediately. If you want, drizzle with a bit of Victor Guedes Extra Virgin Olive Oil.

Produtos utilizados



Extra Virgin
Extra Virgin Olive Oil



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