Dinner

Butternut rings filled with savoury mushrooms

Golden roasted rings of butternut squash hold a soft mushroom and sage filling thickened with porridge oats, topped with crisp fried sage leaves.

85 min	215	38 g	18 g
time	calories	carbs	sugars

Low fat | Low sugar

Ingredients, 4 servings

- [ ] 1 large butternut squash (or 2 small ones), peeled or unpeeled
- [ ] Low-calorie cooking spray
- [ ] 1 large onion, finely chopped
- [ ] 800 g mixed mushrooms (we used chestnut, oyster and chanterelle), finely chopped
- [ ] 4 fresh sage leaves, finely chopped, plus 12 whole leaves
- [ ] 1 low salt vegetable stock cube, suitable for vegans
- [ ] 25 g porridge oats

Nutrition Facts

Per serving

Calories	215
Total fat	1.2 g
Saturated fat	0.2 g
Sodium	Not listed
Total carbs	38 g
Fiber	8.1 g
Total sugars	18 g
Protein	9.2 g

Method

- [ ] **1** Cut the butternut squash into twelve chunky rounds, each about two centimetres thick, removing the seeds and fibrous centre as you work. Where a round is solid all the way through, take a circle out of its middle with a cookie cutter or small knife so big rings remain, then grate those removed circles and put them aside for later.
- [ ] **2** Coat a large non-stick frying pan with a couple of pumps of low-calorie cooking spray and set it over a gentle heat. Let the chopped onion soften for 5 minutes, then add the finely chopped mixed mushrooms along with the chopped fresh sage and the reserved grated squash, cooking the lot together for another 5 minutes.
- [ ] **3** Switch the oven on so it reaches 200°C/fan 180°C/gas 6.
- [ ] **4** Crumble in the vegetable stock cube, mixing thoroughly until it has fully dissolved, and carry on cooking for 10 minutes. Fold the porridge oats through the mixture, then empty it all into a large bowl.
- [ ] **5** Lay every squash ring out on a large non-stick baking tray, splitting them over two trays if space is tight, and pack each ring with the mushroom filling, smoothing the tops level. Mist with a couple of pumps of low-calorie cooking spray, then roast for 30-35 minutes until tender all the way through with a light golden colour.
- [ ] **6** In the final stretch of roasting, sizzle the whole sage leaves in a little low-calorie cooking spray for a couple of minutes until crisp.
- [ ] **7** Share the stuffed rings between serving plates, top with the crisp fried sage leaves and add your favourite veg on the side; steamed long green beans and peppers work beautifully.

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