



# MEATBALL & BUTTERNUT SQUASH TRAYBAKE

**SERVINGS: 4**

**PREP TIME: 10 MINUTES**

**TOTAL TIME: 1 HOUR**

## NOTES:



**ALL DONE IN THE OVEN**



**CONTRIBUTES TO 5 A DAY**



**BASIC KITCEHN EQUIPMENT**



**LOW DIFFICULTY**

## INGREDIENTS

**1 MEDIUM-LARGE BUTTERNUT SQUASH**  
**PACK OF READY MADE MEATBALLS (OR 6 SAUSAGES OR 4 BURGERS)**  
**GOOD CHUNK OF CRUSTY BREAD**  
**3 CLOVES OF GARLIC OR 2TSP GARLIC PUREE**  
**FRESH OR DRIED ROSEMARY**  
**1TSP CHILLI FLAKES**  
**SALT & PEPPER**  
**100ML CHICKEN STOCK**  
**3TBSP OIL**  
**TO SERVE - GREEN VEGGIES OR SALAD**

**YOU COULD ALSO ADD:**  
**ONION CHUNKS**  
**BUTTON MUSHROOMS**  
**CHUNKS OF BACON**

**RECIPE ON REVERSE SIDE.**

**CHECK OUT THE AROMA INSTAGRAM AND FACEBOOK PAGE FOR TUTORIALS AND COOK-ALONG SESSIONS.**



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## METHOD

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**PRE-HEAT THE OVEN TO 180 OC/GAS 4.**

**START WITH THE BUTTERNUT SQUASH. DON'T BOTHER PEELING IT, THE SKIN IS DELICIOUS WHEN ROASTED. SLICE AWAY THE TOP HALF OF THE SQUASH, CUT IN HALF LENGTHWAYS, THEN SLICE INTO CHUNKS - THESE CAN BE AS BIG OR SMALL AS YOU WANT, JUST REMEMBER, THE BIGGER THEY ARE, THE LONGER THEY WILL TAKE TO COOK. SLICE THE BOTTOM OF THE SQUASH IN HALF AND REMOVE THE SEEDS THEN CHOP INTO CHUNKS AS WELL.**

**PLACE THE SQUASH CHUNKS INTO A ROASTING TRAY, AND ADD 2TBSP OF OIL. MIX IN YOUR ROSEMARY, I USED 4 SPRIGS OF FRESH ROSEMARY, AND CRUSH THE GARLIC AND ADD ALONGSIDE THE CHILLI FLAKES AND SALT & PEPPER.**

**GIVE EVERYTHING A GOOD MIX. ADD YOUR MEATBALLS ON TOP, IF YOU'RE USING SAUSAGES REMOVE THE SKIN AND ROLL THE SAUSAGE MEAT INTO BALLS. IF USING BURGERS, SPLIT EACH BURGET INTO 4 AND ROLL INTP BALLS AS WELL. DRIZZLE OVER 1TBSP OF OIL, AND ADD ANY EXTRAS LIKE MUSHROOMS OR BACON AT THIS STAGE. ROAST FOR 30 MINUTES.**

**AFTER HALF AN HOUR, REMOVE THE TRAY AND ADD 100ML CHICKEN STOCK - RETURN TO THE OVEN FOR 10 MINUTES. TEAR YOUR BREAD INTO CHUNKS, TEARING ADDS TO THE RUSTIC NATURE OF THE DISH!**

**ADD THE TORN BREAD TO THE TRAY NEXT, THE TOP WILL GO CRISPY AND BOTTOM WILL ABSORB ALL THOSE JUICE. ROAST FOR 10 MORE MINUTES.**

**SERVE WITH VEGGIES, OR A CRISP GREEN SALAD!**