



## VITAL STATISTICS

### Preparation Time

10 minutes

### Cooking Time

1 hour

### Serves

4

## INGREDIENTS

1 butternut squash, peeled & cut into small cubes  
2 tbsp olive oil  
salt & pepper  
300g amaranth  
1 red onion, chopped  
2 tsp Bart Garlic in Sunflower Oil  
2 tsp Bart Ginger in Sunflower Oil  
2 tsp Bart Ground Cumin  
1 tsp Bart Chilli in Sunflower Oil  
440g can chopped tomatoes  
150g cashew nuts  
2 tsp brown muscovado sugar

## AMARANTH WITH BUTTERNUT SQUASH AND TOMATO SAUCE



Preheat the oven to 190c/Gas 5. In a roasting dish, combine the squash, oil, salt and pepper. Roast for 45-60 minutes, until soft, stirring once or twice.

Meanwhile cook the amaranth as directed on the packet. While the squash and amaranth are cooking, heat 1 tbsp of the oil in a frying pan and cook the onion for 5 minutes. Stir in the garlic, ginger, cumin and chilli and cook for 5 minutes. Add the tomatoes and simmer for 5 minutes.

Place the nuts, sugar, remaining oil and 225ml water in a blender and blend to a puree. Stir into the sauce and heat through. Season.

Serve the sauce on a bed of amaranth and top with the roasted squash.