

Less than 1 hour

Serves 4

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Ingredients:

- 2-4 Hokkaido, butternut or gem squash (enough for 4-6 people), halved and seeds scooped out
- Glug olive oil + extra for mince
- Salt and milled pepper
- 500g PnP lean beef mince
- 1 onion, chopped
- 2 Tbsp (30ml) PnP crushed ginger and garlic
- 2 Tbsp (30ml) medium curry powder
- 2-3 sprigs curry leaves
- ¼ cup (60ml) chutney
- 2 eggs
- 1 cup (250ml) milk
- Plain yoghurt and sambals, for serving

Method

1. Preheat oven to 200° C.
2. Brush squash variety with oil and season.
3. Roast at for 20 minutes until almost tender.
4. Brown mince in oil, remove and set aside.
5. Fry onion and garlic and ginger paste in the same pan until soft.
6. Stir through mince, along with curry powder, a few curry leaves and chutney.
7. Season and spoon mince mixture into squash halves about until three quarters full.
8. Whisk eggs with milk and pour over mince.
9. Bake at 180°C for 20 minutes.
10. Serve drizzled with plain yoghurt and sambals on the side.