

More than 1 hour

Serves 4

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Ingredients:

- 1 large butternut
- 1 brinjal
- 1 large marrow
- 2 Tbsp (30ml) olive oil
- 1 red onion, chopped
- 1 clove garlic, chopped
- ¼ cup (60ml) sultanas
- ½ packet (50g) raw almonds, chopped
- 3 Tbsp (45ml) pumpkin seeds
- 3 Tbsp (45ml) sherry or vegetable stock
- ½ cup (125ml) couscous, cooked
- Handful parsley, chopped
- Juice (60ml) and grated peel of 1 lemon

Method

1. Preheat oven to 180°C.
2. Halve the butternut, remove seeds and score flesh.
3. Steam or microwave butternut for 5-10 minutes.
4. Halve the brinjal and marrow and steam for 3-5 minutes or until tender.
5. Scoop out a little flesh from each vegetable to create a cavity. Reserve shells.
6. Heat olive oil in a pan and sauté onion until soft.
7. Add garlic and fry for another minute or until fragrant.
8. Stir in sultanas, almonds and pumpkin seeds and fry for another minute.
9. Add sherry, reduce for a minute and remove from heat.
10. Stir through couscous, chopped parsley, and juice and grated peel of the lemon.

11. Season and divide stuffing mixture into thirds.
12. Fill each vegetable shell with stuffing.
13. Place brinjals inside butternut shells, then place marrows inside brinjals.
14. Sandwich butternut shells, securing with butcher's string, and drizzle with oil.
15. Place on a baking tray and bake for 45-50 minutes until cooked through.
16. Slice and serve with fresh herbs and parsley butter.

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