

A TASTY TREAT FROM THE GROW YOUR OWN GROUP

You can use marrow, squash or an extra large courgette for this recipe. Also I used half tinned tomatoes and half fresh tomatoes from the allotment. If you don't want to make your own sauce, use a full packet of white sauce mix.

Ingredients Serves 4

1 medium squash
500g of lamb mince
1 onion, finely chopped
2 handfuls chopped mushrooms
3 garlic cloves, finely chopped
1 bunch of parsley, small, chopped
1 tsp ground cinnamon
1 tsp dried oregano
1 tsp dried mint
1 bay leaf
1 pinch nutmeg
400g of passata or chopped tomatoes

serve with Greek salad & crusty bread

METHOD

Preheat oven to 200°C/180°C fan. Wash the squash and slice it in half lengthways. With a spoon scrape out all the seeds. Place on a baking sheet drizzle with a little oil and salt and pepper and cover with foil. Cook for 30 mins. Put on one side to cool slightly.

Heat some oil in a deep wide, non-stick saucepan and gently sauté the onion for 5 minutes until soft. Add the garlic, mushrooms and parsley, cooking for a minute or so, then turn up the heat and add the mince. Brown the meat all over, then add the cinnamon, oregano and bay leaf and season with salt and pepper. Cook for another minute and then add the passata/chopped tomatoes, reduce the heat and leave to gently simmer on the hob for 10-15 minutes, or until the liquid has reduced and the mix is rich and thick.

Make the sauce by adding the butter to a saucepan and melt. Add flour and stir to a paste. Gradually add the milk whisking all the time. Once all milk is added bring to a simmer constantly whisking. Add the bay leaf and nutmeg and simmer for approximately 5 minutes or until the sauce is fairly thick. Put to one side to cool slightly.

With a spoon remove all the squash pulp to make a hollow. Be careful not to break through the skin. Add the squash pulp to the meat mixture and lightly mix in. In each squash add the meat mixture and squash pulp to the two halves. You will probably have some left over for freezing. Great with jacket potatoes, rice, chips, pasta.

Top the meat mixture with the white sauce. Put in the oven 200°C/180°C fan for 20-25 minutes.

SAUCE

50g of butter
50g of plain flour
300ml of whole milk
1 tsp of grated nutmeg
1 Bay leaf
oil, for frying



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