



Butternut Squash with Gingerly Tomatoes

Butternut squash with gingerly tomatoes and lime yoghurt is one of my all-time favourite meals. It is satisfying, supremely refreshing and bursting with flavours. Roasted, caramelised butternut squash forms the backbone of this recipe. The gingerly (and chillied) tomatoes add a heavenly burst of juice and flavour while the lime yoghurt adds a zesty and stimulatingly refreshing dressing to this butternut squash recipe.

Ingredients: Serves 4:

1 butternut squash (leave skin on), cut lengthways, deseed and cut across into thirds

2 tbsp [coconut oil](#)

8 large plum tomatoes, halved lengthways

1 red onion, quartered lengthways

2" piece of ginger, grated

1 small chilli, finely chopped

2 garlic cloves, chunky chopped

2 tbsp balsamic vinegar

Salt and pepper to taste

For the lime yoghurt

500g Greek yoghurt

¼ tsp ground cardamom (or bruise 4 cardamom pods to allow the seeds to escape)

Zest and juice of 1 lime

Small handful chopped coriander leaves

Method:

Preheat the oven to 220°C/425°F/Gas mark 7.

Melt 1 tbsp of the coconut oil in a large, parchment-lined, oven-proof pan. Place the butternut squash into the pan and cover well with the coconut oil. Grind some sea salt and black pepper over the top and cook uncovered for 55 minutes.

After 15 minutes, keep the butternut squash on the higher rack in the oven and melt 1 tbsp coconut oil on a parchment-lined baking tray in preparation for the tomatoes and onions.

Once the coconut oil has melted, add the ginger, chilli, garlic, balsamic vinegar, salt, pepper and combine well. Add the tomatoes and onions and gently coat well with the spiced coconut oil. Place the tomatoes, skins down, on the lower rack of the oven and bake for approximately 40 minutes.

In the meantime, combine all the ingredients for the lime yoghurt into a bowl and refrigerate until ready to serve.

To serve, place the chunks of butternut squash onto a plate, scatter the tomatoes on top. Add the lime yoghurt and scatter with fresh coriander leaves.

For a vegan option, simply substitute the Greek yoghurt with a vegan yoghurt alternative.

I like to serve this dish on top of a bed of fresh spinach and rocket leaves. It also marries very well on top of a bed of lightly steamed samphire.