

BUTTERNUT SQUASH AND RICOTTA STRUDEL

🕒 20 MINS

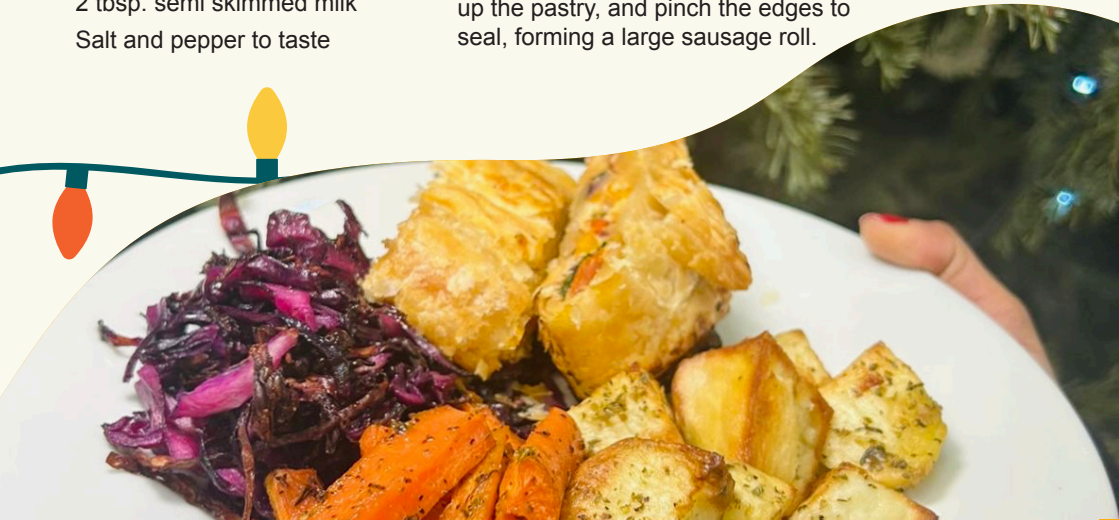
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INGREDIENTS

1Kg Butternut squash
 Half tub ricotta cheese (62.5g)
 250g Cherry tomatoes
 700g Baking potatoes
 600g Red onions
 500g Carrot
 100g Baby spinach
 320g Puff pastry
 20g Granulated sugar
 A pinch of dried oregano
 Smoked paprika to taste
 Half bulb garlic
 2 tbsp. Vegetable oil
 2 tbsp. semi skimmed milk
 Salt and pepper to taste

METHOD

- Wash, peel, and dice the butternut squash. Drizzle with vegetable oil, and season with salt, pepper, and paprika. Bake on a tray at 180°C for 10-15 minutes, then cool for later use.
- Peel and chop the carrots and potatoes. Place them on a baking tray, ready for roasting.
- Remove the outer layers of the red cabbage, quarter it, cut out the root, and slice. Place on a tray, ready for the oven.
- Drizzle with vegetable oil, malt vinegar, and seasoning. Sprinkle with 20g of granulated sugar, and set aside for later roasting.
- Unwrap the puff pastry and unroll it on a clean kitchen counter.
- In a frying pan, sauté halved cherry tomatoes, washed and chopped spinach, and sliced red onions on medium heat.
- Transfer the cooked mixture to a mixing bowl and set aside. Add ricotta cheese to the mixture and combine.
- Spread the ricotta and vegetable mixture evenly along the puff pastry.
- Brush the edges of the pastry with the mixture, roll up the pastry, and pinch the edges to seal, forming a large sausage roll.



PUMPKIN, KALE PESTO & PEARL BARLEY RISOTTO



40 MINS

2

INGREDIENTS

100g British pearl barley
1 small onion
1 clove of garlic
20g bouillon powder
100g pumpkin
50g pumpkin seeds
50g kale
½ lemon
3 tbsp British rapeseed oil

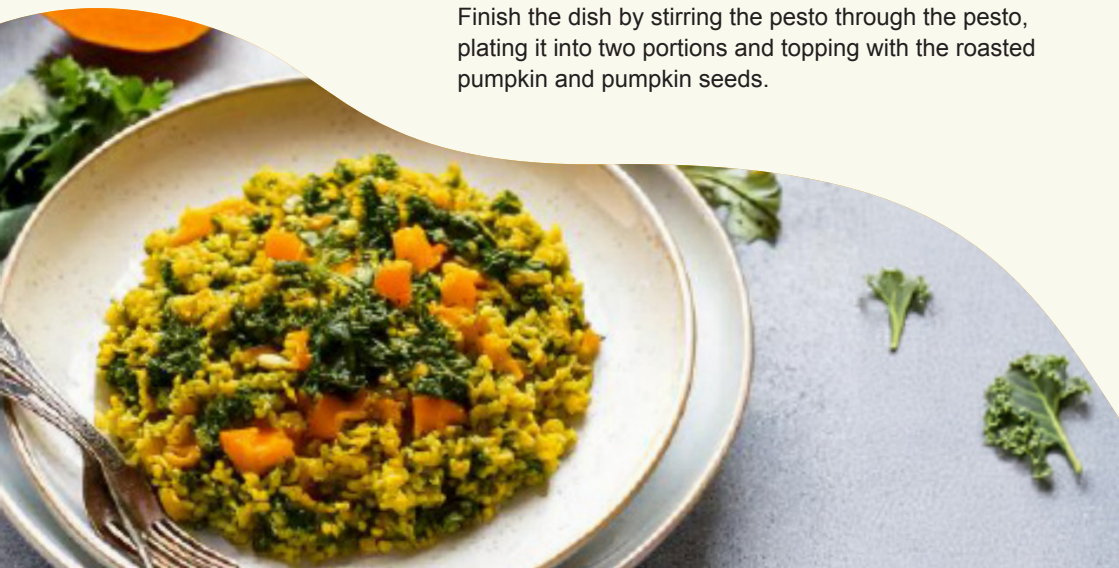
METHOD

Cook the kale in 1tbsp of the rapeseed oil until softened then blend till smooth with the pumpkin seeds (holding back a small handful for garnish), the juice of the lemon & garlic.

Cut the pumpkin into bite sized chunks and roast at 180°C with the skin with salt, pepper and 1tbsp of the rapeseed oil for 30 mins until browned and softened.

In the meantime, finely dice the onion and cook in a pot on low with the remainder of the rapeseed oil for 5 minutes. Add the pearl barley and stock powder then enough water to just cover and cook on a medium heat for around 20 minutes or until the barley is soft and cooked and the water has been almost fully absorbed, adding a splash more water and stirring as needed.

Finish the dish by stirring the pesto through the risotto, plating it into two portions and topping with the roasted pumpkin and pumpkin seeds.



APPLE & CINNAMON BIRCHER OATS



 10 MINS

 2

INGREDIENTS

10g chia seeds
 ½ tsp cinnamon
 100ml British milk
 2 tbsp British yoghurt
 80g british oats
 1 large british apple
 1 tsp brown sugar

METHOD

Grate the apple, then mix all of the other ingredients together apart from the cinnamon and place into the fridge overnight.

In the morning, plate into two portions then finish by topping with the cinnamon.

Try it at home and share this recipe with someone who will enjoy.

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WASTE KNOT ROASTED AUTUMN SOUP

 1.5 HOURS

 6

INGREDIENTS

500g carrot
500g squash
1 stick of celery
1 onion
2 cloves of garlic
5 sprigs of thyme
30ml of olive oil
Salt and pepper (to taste)
1.5L stock (optional)

METHOD

Cut the carrot and squash into 1 inch pieces, cover in half of the olive oil and season. Roast in the oven on a baking tray for 30 minutes or until nicely coloured and fork tender.

While the carrot and squash are roasting are in the oven, cut the onion, celery and garlic into thin slices then slowly cook in a pot over a low heat for 30 minutes.

Add the roasted vegetables and thyme to the pan and cover with 1.5l of water or stock (if using water add extra seasoning to taste at the end).

Bring to the boil then cook for a further 10 minutes on a medium heat then use a hand blender to blend to a smooth puree, finish with a splash more water if too thick and adjust seasoning to taste.

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