



# STUFFED PATTYPAN SQUASH

Pattypan Squash have a squat, round shape and are yellow or white, each are equally good for this recipe, you could also use round courgettes. Feta cheese and dill add a Greek accent, you could add more healthy whole grains instead of white rice, you could also use cheddar or another grated cheese.

## Ingredients

4 large Pattypan Squash (around 100 - 150 cm wide), wash well  
large pinch of salt  
75g chopped bacon  
500g lean minced pork (or you could use beef or chicken instead)  
half a chopped red onion  
2 cloves of garlic minced  
large handful of chopped spinach  
1 large egg, beaten  
100g cooked rice or grains  
large pinch of black pepper  
small handful of chopped dill  
250g feta cheese crumbled

## Method

1. Cut off the top third of each squash and scoop out the pulp. Leave about 2cm of the shell intact. Coarsely chop the pulp, reserve 250g of the chopped pulp, discard the rest.
2. Place the squash bowls onto a baking dish and sprinkle with salt. Bake in a preheated oven 180C for 10 minutes.
3. Place the bacon into a frying pan, cook until starting to brown. Add the minced pork and stir to crumble up. Cook for about 6-10 mins. Add onion, garlic and reserved chopped squash pulp. Then stir in the spinach. Cook until the spinach has wilted. Uncover and cook until the liquid is almost evaporated. Transfer this mixture to a mixing bowl and allow to cool for 10 mins.
4. Stir in the egg, cooked rice, pepper and dill to the cooked mixture. Gently stir in the cheese.
5. Spoon the mixture into the baked squash bowls, replace the squash tops.
6. Bake the squash in the oven until the tops begin to brown and the squash is tender (about 30 minutes).

## Notes

You can substitute the meat for chic peas or other beans for a veteran option. These are very good cold the next day too.