



Sweet and sticky red pepper butternut squash

- 1 butternut squash (680g) peeled, seeded and cubed.
- 1 tbsp canola oil
- 1 tsp salt
- 2 tbsp pumpkin seeds
- 2 tbsp sunflower seeds
- 3 tbsp red pepper jelly
- 1 tbsp lemon juice
- ½ tsp freshly ground pepper

Preheat the oven to 400F

1. Place the cubed butternut squash on a rimmed baking sheet and drizzle with canola oil and season with salt. Mix everything together so the squash is well coated. Cook for 30min stirring occasionally.
2. Add the pumpkin and sunflower seeds into a small skillet, placed over medium heat and toast until slightly brown about 4min. then transfer to a bowl to cool.
3. Mix together the red pepper jelly and lemon juice.
4. Remove the butternut squash from the oven and mix in the red pepper jelly mixture and season with ground pepper. Return to the oven and cook for an additional 10min.
5. Transfer squash to a serving dish and scatter toasted seed over the squash.