

Rick's Squash with Sweetcorn Salsa



This month we have a heap of heirloom squashes for you to try and if you are looking for something relatively easy to make, Ottolenghi never disappoints. Here are 2 of his recipes from Simple & even my fussiest approve.

Ingredients

- 1 large squash or a couple small ones
- 2 whole corn cobs
- 1 large chilli
- 3 limes
- 2 tbsp coriander, finely chopped
- 1 tbsp mint, finely chopped
- 2 tbsp pumpkin seeds-toasted
- 50 g feta
- 1/3 cup olive oil
- Salt and pepper

Serves 6

Method

- Preheat oven to 220 c.
- Cut the squash into thin wedges, leaving the skin on but remove any seeds. Mix the squash with 1 tbsp olive oil, salt & pepper. Spread out on a large baking tray which has been lined with baking paper.
- Roast for 25 mins or until tender and golden.
- Remove from the oven & set aside to cool.
- Chargrill the corn over an open flame or under the grill. Char all over, about 8 mins.
- Remove & allow to cool until easy to handle.
- Place in a wide bowl and run a knife down the sides of the corn to remove the kernels. Add the chopped chilli, zest of 1 lime & the juice of the remaining 3 limes (approximately 4 tbsp), 3 tbsp of olive oil & ¼ tsp of salt & the herbs. Mix well & set aside.
- Arrange the squash on platter. Spoon salsa on top. Sprinkle on the pumpkin seeds, dot with feta & drizzle on the remaining olive oil.
- Some sliced tomatoes would be a lovely addition to this dish



Roasted Spiced Squash with Yoghurt, Tahini & Lime

All squash skin is edible but while some is thin & delicious, others are tough. So much like a banana peel, whether you eat it or not is entirely up to you. To cook your squash: cut up into chunks, scoop out the seeds & roast at 180 degrees covered in olive oil, season (we love using the Cowboy Rub). Here is another Ottolenghi inspired recipe for you to try.

Ingredients

- 1 large squash
- 4 potatoes
- 2 limes- 1 whole, 1 juiced.
- 4 tbsp olive oil
- 2 tbsp ground cardamom
- 1 tsp allspice
- (Or 2 tbsp Local Produce Ladies Cowboy rub or lamb rub)
- 1 tbsp tahini
- ½ cup Greek yoghurt
- 1 chilli
- 1 tbsp coriander leaves

Method

- Preheat oven to 200 c.
- Cut the ends off the whole lime & cut down the sides to remove the skin & white pith.
- Cut the lime into its natural segments. Place in a bowl with a little salt & 1 tbsp of olive oil, Set aside.
- Cut the squash & scoop out the seeds. Then chop the squash into 1 cm thick slices & put into a bowl with the remaining olive oil & spices.
- Do the same with the potatoes & add to the bowl
- Place on a single layer with on a oven tray, lined with baking paper. Roast in the oven until golden brown (approximately 20 mins).
- Remove from the oven & allow to cool. The skin can be left on the squash or eaten. It's up to you.
- Meanwhile whisk together the yoghurt, tahini, juice of one lime, 2 tbsp of water & salt. The sauce will be thick but thin enough to pour.
- To serve arrange the cooked squash and potatoes & drizzle with yoghurt sauce.
- Spoon over the lime slices & the juice & add the chopped chilli. Garnish with coriander & serve .

Serves 6