



South African Recipes

"cooking with confidence"

Stuffed butternut

By: Anton Mac Donald

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Ingredients

- 1 Butternut
- 1 Onion
- 2 Carrots
- 1 Potato
- Pinch of Salt
- BBQ spice to taste
- 1 Yellow bell pepper
- Grated cheddar cheese

Method

- Cut butternut in halve and remove pips
- Chop the onion , carrots, potato and pepper
- Season to to taste
- Decorate with cauliflower
- Bake till light brown at 200°C
- Sprinkle with grated cheddar cheese
- Can also be done on a braai

