

Roasted Butternut Squash

with Stewed White Beans, Brussels Sprouts & Gremolata

This warming dish combines elements of classic Italian and Indian cuisines. At its hearty base are carrots and white beans (some of which you'll crush against the pan, for a slightly thicker consistency), stewed with Madras curry powder—a popular blend of Indian spices. On top, seasonal butternut squash, sliced into planks and browned in the oven, offers delicate sweetness. We're finishing each plate with garnishes of crisp Brussels sprout leaves and homemade gremolata, a zesty condiment of parsley, garlic and lemon.



Ingredients

- 1½ Cups Cannellini Beans
- 4 Ounces Brussels Sprouts
- 2 Cloves Garlic
- 2 Carrots
- 1 Butternut Squash
- 1 Lemon
- 1 Large Bunch Parsley

Knick Knacks

- 1 Shallot
- 1 Teaspoon Madras Curry Powder

Makes 2 Servings

About 650 Calories Per Serving

Prep Time: 15 min | Cook Time: 20 to 30 min



1



Prepare the ingredients:

Preheat the oven to 475°F. Wash and dry the fresh produce. Cut off and discard the squash ends. Peel the squash; separate the neck and bulb. Halve the bulb lengthwise; scoop out and discard the pulp and seeds. Slice the squash into ½-inch-thick planks. Using a peeler, remove the lemon rind, avoiding the pith; mince to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon. Pick the parsley off the stems; discard the stems and finely chop. Peel and mince the garlic; smash into a paste with the side of your knife. Peel and mince the shallot. Peel and small dice the carrots. Drain and rinse the beans. Cut off and discard the Brussels sprout ends; pick off and reserve the leaves and discard the lighter cores.

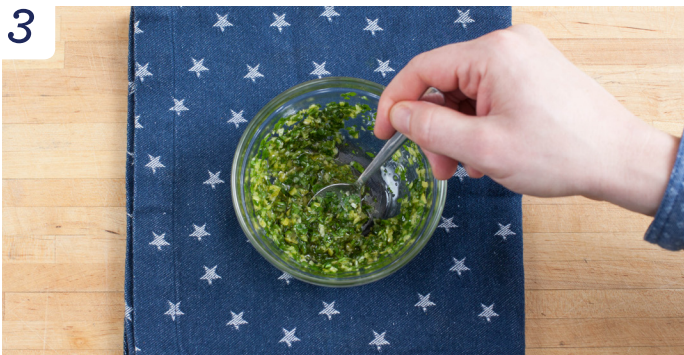
2



Roast the squash:

Place the **squash** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to thoroughly coat. Arrange in a single, even layer and roast 20 to 23 minutes, or until browned and tender when pierced with a fork. Remove from the oven.

3



Make the gremolata:

While the squash roasts, in a bowl, combine the **lemon zest**, **parsley** and **half the garlic paste**. Stir in enough olive oil to create a rough paste; season with salt and pepper to taste.

4



Stew the beans:

In a large pan, heat 2 teaspoons of olive oil on medium until hot. Add the **shallot** and **remaining garlic paste**; cook, stirring frequently, 30 seconds to 1 minute. Add the **carrots**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until softened. Add the **curry powder**; cook, stirring frequently, 30 seconds to 1 minute. Add the **beans** and **½ cup of water**; simmer 4 to 6 minutes, or until slightly reduced. Turn off the heat. Using a fork, smash about ¼ of the beans against the bottom of the pan.

5



Dress the Brussels sprouts:

In a large bowl, combine the **Brussels sprouts** and the **juice of 1 lemon wedge**. Drizzle with olive oil and toss to combine; season with salt and pepper to taste.

6



Finish & plate your dish:

Stir the **juice of 1 lemon wedge** and **half the gremolata** into the pan of **beans**; season with salt and pepper to taste. Divide between 2 plates. Top with the **squash**, **Brussels sprouts** and **remaining gremolata**. Serve with the **remaining lemon wedges**. Enjoy!