

# Stuffed Delicata Squash

*with Quinoa, Broccoli & Pickled Raisins*

In the cooler months, there's no shortage of beautiful hard squash, whose heartiness welcomes countless culinary applications. Here, we're roasting and stuffing delicata squash (a particularly sweet, tender variety) with a nutty, savory filling of red quinoa, sautéed broccoli and Parmesan cheese. Plump golden raisins pickled with a bit of vinegar and sugar add welcome pops of brightness throughout.

## Blue Apron Wine Pairings

Ancient Lakes Cellars Gewürztraminer, 2015  
Almez Monastrell, 2013



## Ingredients

1/3 Cup Red Quinoa  
2 Cloves Garlic  
1 Delicata Squash  
1 Yellow Onion  
1/2 Pound Broccoli

## Knick Knacks

3 Tablespoons Golden Raisins  
2 Tablespoons Red Wine Vinegar  
1 Tablespoon Sugar  
1/4 Cup Shaved Parmesan Cheese

**Makes:** 2 servings

**Prep Time:** 15 minutes | **Cook Time:** 35–45 minutes



# Instructions

For cooking tips & tablet view, visit [blueapron.com/recipes/1032](https://blueapron.com/recipes/1032)

1



## Prepare the ingredients:

Preheat the oven to 450°F. Wash and dry the fresh produce. Heat a small pot of salted water to boiling on high. Cut off and discard the ends of the squash; using a peeler, peel the raised ridges of the squash, leaving the remaining skin intact. Halve the squash lengthwise; using a spoon, scoop out and discard the pulp and seeds. Peel and mince the garlic. Peel and small dice the onion. Roughly chop the broccoli.

2



## Roast the squash:

Place the **squash** on a sheet pan. Drizzle with olive oil and season with salt and pepper; turn to thoroughly coat. Arrange cut sides down and roast, flipping halfway through, 24 to 26 minutes, or until tender when pierced with a fork. Remove from the oven.

3



## Cook the quinoa:

While the squash roasts, thoroughly rinse the **quinoa** under cold water. Add the rinsed quinoa to the pot of boiling water and cook, uncovered, 14 to 16 minutes, or until tender. Drain thoroughly and transfer to a large bowl; set aside in a warm place. Wipe out the pot.

4



## Pickle the raisins:

While the squash continues to roast, in the same pot, combine the **raisins, vinegar, sugar** and  $\frac{1}{4}$  cup **water**; season with salt and pepper. Heat to boiling on high. Once boiling, cook, stirring occasionally, 4 to 6 minutes, or until the raisins have softened and the liquid has reduced in volume by about half. Remove from heat.

5



## Cook the broccoli:

While the raisins pickle, in a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **garlic** and **onion**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until softened and fragrant. Add the **broccoli**; cook, stirring occasionally, 7 to 9 minutes, or until softened. Transfer to the bowl of **cooked quinoa**. Stir in **half the cheese**; season with salt and pepper.

6



## Finish the quinoa & plate your dish:

Add **half the pickled raisins and pickling liquid** to the bowl of **cooked quinoa and broccoli**. Stir to combine and season with salt and pepper to taste. Divide **half the finished quinoa** and the **roasted squash** between 2 dishes. Fill the squash halves with the **remaining finished quinoa**. Garnish with the **remaining pickled raisins and pickling liquid, remaining cheese** and a drizzle of olive oil. Enjoy!