

Cardamom-Spiced Butternut Squash Gratin

With Kale & Toasted Almonds

In wintertime, nothing quite rivals the warming taste of a gratin. The word gratin comes from French and refers to the the golden brown, crunchy topping that defines the entire dish, which is usually baked. But, wait! We've found a shortcut. In this recipe, you'll push the definition of the gratin by cooking the vegetables, mixing them with a spiced béchamel and simply topping them with a layer of crunchy, pan-browned panko breadcrumbs. No baking necessary, chefs! You'll get the same rich, hearty, full-flavored dish in less time.



Ingredients

- ½ Cup Red Quinoa
- ½ Bunch Curly Kale
- 1 Butternut Squash
- 1 Leek

Knick Knacks

- 3 Tablespoons Golden Raisins
- 2 Tablespoons All-Purpose Flour
- 2 Tablespoons Panko Breadcrumbs
- 2 Tablespoons Almonds
- 1 2-Ounce Packet Coconut Cream Powder
- 1 1-Inch Piece Ginger
- 1 Teaspoon Squash Gratin Spice Blend
(Ground Cardamom, Saffron Powder & Cayenne Pepper)

Makes 2 Servings

About 650 Calories Per Serving

Cooking Time: 35 to 45 minutes



1



Cook the quinoa:

Heat two large pots of salted water to boiling on high. Once the first pot of water is boiling, add the **quinoa**. Cook, stirring occasionally, 18 to 20 minutes, or until tender; drain thoroughly and set aside.

2



Prepare the ingredients:

While the quinoa cooks, wash and dry the fresh produce. Separate the kale stems and leaves; discard the stems and roughly chop the leaves. Peel and halve the butternut squash lengthwise; scoop out and discard the seeds. Medium dice the squash. Trim off and discard the roots and upper, dark-green leaves of the leek; halve the leek lengthwise and rinse thoroughly, keeping the layers intact. Small dice the leek. Peel and mince the ginger. Roughly chop the almonds. In a medium bowl, combine the **coconut cream powder** and $\frac{1}{2}$ **cup of hot water**; whisk until thoroughly combined.

3



Cook the butternut squash:

While the quinoa continues to cook, add the **butternut squash** to the second pot of boiling water. Cook, stirring occasionally, 7 to 9 minutes, or until tender when pierced with a fork. Drain thoroughly and set aside. Rinse out the pot.

4



Toast the nuts & breadcrumbs:

While the squash cooks, heat a small, dry pan on medium until hot. Add the **almonds** and toast, stirring occasionally, 2 to 3 minutes, or until fragrant. Transfer to a bowl and set aside. Wipe out the pan. In the same pan used to toast the nuts, toast the **breadcrumbs** on medium, stirring frequently, 2 to 3 minutes, or until browned. Transfer to a bowl and set aside.

5



Make the spiced béchamel:

In the same pot used to cook the squash, heat 2 tablespoons of olive oil on medium until hot. Add the **ginger, leek and spice blend**; season with salt and pepper. Cook 3 to 4 minutes, or until the leek is tender and the spices are fragrant. Add the **flour**; cook, stirring constantly, 30 seconds to 1 minute, or until thoroughly combined. Add the **coconut cream mixture** and $\frac{3}{4}$ **cup of water**. Cook, stirring frequently, 4 to 5 minutes, or until slightly thickened.

6



Assemble the casserole:

Stir the **kale, toasted almonds** and **golden raisins** into the spiced béchamel. Cook, stirring constantly, 30 seconds to 1 minute, or until the kale has wilted. Stir in the **cooked quinoa and squash**. Cook, stirring constantly, 30 seconds to 1 minute, or until well combined. Remove from heat and season with salt and pepper to taste. Transfer the mixture to a baking dish. Top with the **toasted breadcrumbs**. Enjoy!