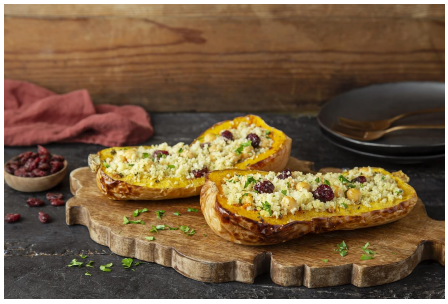

Roasted pumpkin filled with chickpeas and couscous

Categoria	*Tempo de preparação*	*Dificuldade*	*Custo*	*Com quem?*	*Nº de pessoas*
Vegetariano	Médio	Médio	Intermediate	Meal for two	4 pessoas

Ingredientes

- 3 tbsps of Victor Guedes Extra Virgin
- 2 butternut squashes
- 2 garlic cloves
- To taste: thyme
- 200g of cooked chickpeas
- 1 cup of couscous
- 50g of cranberries
- To taste: chopped parsley
- To taste: salt
- To taste: pepper

Method of preparation

1. Cut the squash in half, remove the seeds and place them in a oven tray.
2. Season with salt, pepper, thyme and the chopped garlic. Drizzle with Victor Guedes Extra Virgin Olive Oil and cook in the oven at 190ºC for approximately 30 minutes.
3. Cook the couscous in a bowl according to the instructions on the package.
4. To the couscous, add the chickpeas, the cranberries and the parsley, season with salt and pepper and drizzle with some more olive oil.
5. Stuff the squash with the couscous mix and serve immediately. If you want, drizzle with a bit of Victor Guedes Extra Virgin Olive Oil.

Produtos utilizados

Extra Virgin

Extra Virgin Olive Oil

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