



# Squash stuffed with quinoa



*Categoria*  
Receitas de Natal



*Tempo de preparação*  
Médio



*Dificuldade*  
Fácil



*Custo*  
Low




*Com quem?*  
With friends



*Nº de pessoas*  
4 pessoas

## Ingredientes

 To taste: Gallo Premium Extra Virgin Olive Oil Special Selection

 To taste: Gallo Modena Balsamic

- 4 butternut squashes
- Thyme, to taste
- Salt, to taste
- Pepper, to taste
- 100g of quinoa mix
- 1 chopped red onion
- 2 chopped dried tomatoes
- 150g of rained chickpeas
- 40g of chopped pistachios
- 70g of spinach
- 1 orange
- Chopped parsley, to taste

## Method of preparation

1

Pre-heat the oven at 190°C.

2

Cut the squash in half, remove the seeds and cut it in an oven tray.

3

Drizzle with Gallo Premium Extra Virgin Olive Oil Special Selection, sprinkle with thyme and season with salt and pepper. Cook in the oven for 30 minutes.

4

Meanwhile, cook the quinoa according to the package instructions. Drain and let it slightly cool down.

5

Put the quinoa in a bowl, add the chopped red onion, the dried tomatoes, the chickpeas and the pistachios.

6

Finish with the parsley, season with salt, pepper, Gallo Premium Extra Virgin Olive Oil Special Selection and Gallo Modena Balsamic Vinegar. Mix well.

7

Serve with a spinach and orange segments salad.

*Produtos utilizados*



*Special Selection*  
Extra Virgin Premium Olive Oil



*Modena Balsamic*  
Premium Vinegar



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