



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 drained 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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