

Chicken & Squash Stroganoff

Ingredients – Serves 2

- 2 Skinless chicken breasts
- ½ teaspoon coconut oil
- 1/2 lemon
- 180g chestnut mushrooms
- 1 red onion
- 1 tbsp wholegrain mustard
- 200ml coconut milk
- 2 garlic cloves
- 2 tsp pumpkin seeds
- 400g butternut squash
- 80g kale
- Medium handful of fresh thyme



Method:

1. Preheat the oven to 180C. Carefully slice the squash in half lengthways, cutting through the stalk if you can. Place the squash halves (curved side up) onto a baking tray and sprinkle with a pinch of sea salt. Put in the oven for 15 mins.
2. Heat a medium sized pan with the oil and place the chopped chicken and cook until golden and cooked through. Place to one side.
3. Crush or finely chop the garlic and thinly slice the onion. Thinly slice the mushrooms and roughly chop the kale into bite-sized pieces.
4. In a medium-sized pan, heat 1/2 tbsp oil on a medium heat and cook the garlic and onion for 7 mins until softening, then add the mushrooms for 3 mins until turning golden. Then add the coconut milk, mustard and remaining thyme leaves. Add the cooked chicken and season with sea salt and black pepper, a squeeze of lemon juice (to taste) and simmer for 10 mins until the sauce has thickened.

4. Meanwhile, remove the squash from the baking tray and place on a chopping board. Cut thin slices into the squash horizontally (width of 2mm), being careful not to cut through to the bottom of the squash. Sprinkle over the leaves from half of the thyme sprigs and place back in the oven for 20 mins until golden and softened.
5. Place the kale on a baking tray and rub with 1/2 tbsp oil, place in the oven for the final 5 mins of the squash cooking time.
6. Place the hasselback squash onto two warm plates alongside the crispy kale. Spoon over the stroganoff and sprinkle over the pumpkin seeds.

Recipe for two people, halve the ingredients for one person