

## Minced Turkey and butternut squash tray bake *Week 2*

### **Ingredients:**

1 Large Butternut Squash (peeled and roughly chopped)  
knob Unsalted Butter  
Salt and Pepper to taste  
1 Large Onion (diced)  
2 cloves Garlic  
15 Chestnut Mushroom  
5 sprigs Thyme  
500g Turkey Thigh Mince  
1 tablespoon Plain Flour  
200ml chicken stock  
Worcestershire Sauce

### **Methods.**

Steam the chopped butternut for 30 minutes until tender.

Mash the butternut with a knob of butter and season with salt and pepper to taste, then put to one side

Fry the onions in a little oil until soft then add in the garlic and cook for a further minute

Cut the mushrooms into thick slices and add to the pan along with the thyme leaves. Fry until soft, then transfer to a separate bowl

Heat a little more oil in the pan then add the turkey mince. Season generously and stir in a heaped tablespoon of flour

Cook for 2 or 3 minutes, then add in the red wine and a few splashes of stock

Simmer on a low heat for 5 minutes then add back in the onions and mushrooms. Cook for a further 5 minutes until meat is fully cooked

Pre-heat the oven to Gas Mark 6 / 200°C / 400°F

Pour the turkey into a baking dish. Smooth the mashed butternut over the top. Dot with a few spots of butter, then bake for 35-45 minutes or until the top of the squash is browned.