

Button squash with pancetta, garlic & pine nut crumb

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Preparation 20 mins | Cooking 30 mins | Serves 4 as a side dish

This is a great side dish to serve with meat, chicken or fish.

- 600g button squash
- ¼ cup olive oil
- 75g sliced pancetta, roughly chopped
- ⅓ cup pine nuts
- 2 garlic cloves, finely chopped
- ¾ cup fresh coarse breadcrumbs
- ⅓ cup flat-leaf parsley leaves, chopped

STEP 1 Preheat oven to 200°C fan-forced. Line a baking tray with baking paper. Halve any large button squash. Arrange button squash in a single layer on the baking tray. Drizzle with 2 tbs oil and season with salt and pepper. Toss button squash to coat in oil. Roast, tossing once, for 25-30 minutes until just tender.

STEP 2 Meanwhile, heat remaining 1 tbs oil in a medium frying pan over medium heat. Add pancetta and cook, stirring often, for 3-4 minutes until crisp. Add pine nuts, garlic and breadcrumbs. Cook, stirring occasionally, for 4-5 minutes until breadcrumbs are crisp and golden. Toss through parsley. Keep warm.

STEP 3 Sprinkle roasted button squash with the crumb mixture and serve.

Good for you... SQUASH

A good source of vitamin C which helps us absorb iron from foods and contributes to the formation of normal collagen in cartilage, teeth, bones, gums and skin. A source of a carotenoid called cryptoxanthin which is being studied for possible benefits for eye health.

