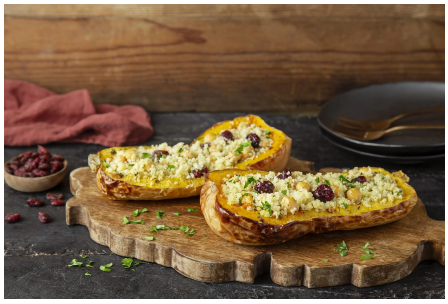


Roasted pumpkin filled with chickpeas and couscous

Categoria	Tempo de preparação	Dificuldade	Custo	Com quem?	Nº de pessoas
Vegetariano	Médio	Médio	Intermediate	Meal for two	4 pessoas

Ingredientes

- 3 tbsps of Gallo Extra Virgin
- To taste: Gallo First Crop 2019-2020
- 2 butternut squashes
- 2 garlic cloves
- To taste: thyme
- 200g of cooked chickpeas
- 1 cup of couscous
- 50g of cranberries
- To taste: chopped parsley
- To taste: salt
- To taste: pepper

Method of preparation

1. Cut the squash in half, remove the seeds and place them in a oven tray.
2. Season with salt, pepper, thyme and the chopped garlic. Drizzle with Gallo Classic Extra Virgin Olive Oil and cook in the oven at 190ºC for approximately 30 minutes.
3. Cook the couscous in a bowl according to the instructions on the package.
4. To the couscous, add the chickpeas, the cranberries and the parsley, season with salt and pepper and drizzle with Gallo First Crop Olive Oil 2019-2020.
5. Stuff the squash with the couscous mix and serve immediately. If you want, drizzle with a bit of Gallo First Crop 2019-2020 Olive Oil.

Produtos utilizados



Extra Virgin

Extra Virgin Olive Oil



First Crop 2019-2020

Extra Virgin Premium Olive Oil

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