



WHATSheATE



Butternut squash in potato cannelloni



Vegetarian

READY IN



165 min.

SERVINGS



2

CALORIES



937 kcal

SIDE DISH

Ingredients

- ☐ 1 large potatoes peeled
- ☐ 25 g ghee (see tip, below)
- ☐ 200 g butternut squash peeled cut into 1cm chunks (set 25g 1oz aside)
- ☐ 85 g rutabaga peeled cut into 1cm chunks (set 25g 1oz aside)
- ☐ 85 g pumpkin peeled cut into 1cm chunks (set 25g 1oz aside)
- ☐ 2 tbsp olive oil
- ☐ 25 g butter unsalted
- ☐ 0.5 onion finely chopped

- ☐ 1 garlic clove finely chopped
- ☐ 0.5 tsp rosemary finely chopped
- ☐ 0.5 tsp sage finely chopped
- ☐ 1 tbsp butter
- ☐ 140 g honey cooked
- ☐ 100 ml vegetable stock
- ☐ 85 g flour plain
- ☐ 1 tbsp cornstarch
- ☐ 200 ml seltzer water chilled
- ☐ 2 servings vegetable oil for frying
- ☐ 2 servings sage

Equipment

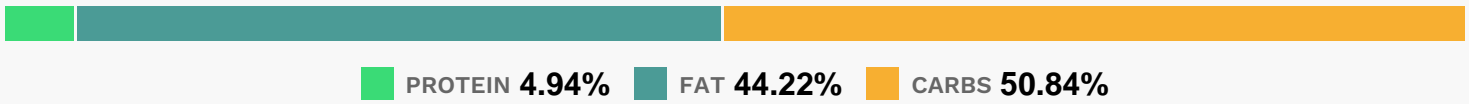
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ grill

Directions

- ☐ Thinly slice the potato lengthways. You need about 15 slices make extra in case you break a few. Trim the sides to make 6 x 12cm rectangles. Blanch in salted boiling water for 1 min, then remove and set aside. Blanch the 25g each squash, swede and pumpkin for 1 min. Refresh in cold water, drain and set aside.
- ☐ Heat 1 tbsp olive oil in a large pan. Cook the remaining swede for a few mins until slightly coloured, then add the remaining squash and pumpkin and fry until lightly browned.
- ☐ Add the 25g butter and onion and cook for 5 mins, then add the garlic, rosemary, sage and some seasoning. Cover and cook for 5–10 mins until the veg are soft. Set aside
- ☐ For the chestnut pure, heat the butter in a pan until foaming, then cook the chestnuts until golden and caramelised.

- ☐ Remove a few for the garnish, then add the stock and bring to the boil. Blend until smooth, then season.
- ☐ To assemble cannelloni, brush potato slices with clarified butter on both sides.
- ☐ Place a spoonful of squash mix on one end of each slice and roll up. (Dont overfill or they wont hold their shape.) Sit them on a tray lined with baking parchment, seam-side down, cover, set aside or chill.
- ☐ To serve, heat oven to 200C/180C fan/ gas
- ☐ Cook cannelloni on the tray for 10–12 mins, then brown under a low grill.
- ☐ Meanwhile, for the tempura sage, whisk together the flour, cornflour and sparkling water.
- ☐ Heat a layer of vegetable oil in a small, deep saucepan. Dip the sage leaves in the batter, then fry until crispy.
- ☐ Remove to kitchen paper, lightly season and keep warm.
- ☐ Heat the remaining tbsp olive oil and fry the reserved vegetables until golden. Season, add a little butter and the reserved chestnuts, and keep warm. Reheat the chestnut pure, then spread onto 2–3 plates. Arrange some cannelloni, vegetable mix and tempura sage on top.

Nutrition Facts



Properties

Glycemic Index:289.38, Glycemic Load:68.56, Inflammation Score:-10, Nutrition Score:37.964782530847%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Apigenin: 1.65mg, Apigenin: 1.65mg, Apigenin: 1.65mg, Apigenin: 1.65mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 6.92mg, Quercetin: 6.92mg, Quercetin: 6.92mg, Quercetin: 6.92mg Gallicocatechin: 0.01mg, Gallicocatechin: 0.01mg, Gallicocatechin: 0.01mg, Gallicocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 937.02kcal (46.85%), Fat: 46.91g (72.17%), Saturated Fat: 20.55g (128.44%), Carbohydrates: 121.35g (40.45%), Net Carbohydrates: 112.25g (40.82%), Sugar: 8.44g (9.37%), Cholesterol: 74.14mg (24.71%), Sodium: 291.95mg (12.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.79g (23.58%), Vitamin A: 14876.42IU (297.53%), Vitamin C: 102.62mg (124.39%), Copper: 2.36mg (117.91%), Manganese: 1.24mg (62.09%), Vitamin B6:

1.09mg (54.46%), Potassium: 1845.44mg (52.73%), Vitamin B1: 0.76mg (50.75%), Folate: 197.4µg (49.35%), Fiber: 9.1g (36.39%), Vitamin B3: 7.03mg (35.16%), Vitamin E: 4.77mg (31.79%), Magnesium: 126.6mg (31.65%), Iron: 5.64mg (31.33%), Phosphorus: 267.79mg (26.78%), Selenium: 16.56µg (23.65%), Vitamin B2: 0.38mg (22.45%), Vitamin K: 20.41µg (19.44%), Vitamin B5: 1.72mg (17.24%), Calcium: 143.36mg (14.34%), Zinc: 1.77mg (11.78%), Vitamin D: 0.19µg (1.25%)