



Golden pilaf with sizzling merguez

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



652 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 butternut squash deseeded cut into bite-sized pieces (do not peel)
- ☐ 2 onion halved thinly sliced
- ☐ 1 tbsp vegetable oil
- ☐ 25 g butter
- ☐ 1 tsp ground cinnamon
- ☐ 1 tsp nutmeg
- ☐ 1 tbsp sun-dried tomato paste
- ☐ 300 g rice rinsed for 20 minutes, then well

- ☐ 600 ml chicken stock see
- ☐ 500 g chorizo thin (around 12 merguez)
- ☐ 1 large mint leaves
- ☐ 50 g pistachios roughly chopped
- ☐ 6 servings roasted peppers red (see recipe in tip, below)
- ☐ 170 g greek yogurt

Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 220C/200C fan/gas
- ☐ Toss the squash, a quarter of the sliced onions and the oil in a large roasting tin, season, then roast for 20 mins.
- ☐ Meanwhile, melt the butter in a large pan and add the rest of the onions, plus some seasoning. Gently cook for 15 mins until tender and turning gold.
- ☐ Add the cinnamon and nutmeg to the onions. Toast for 1 min, then add the tomato paste and rice, and sizzle for a few mins.
- ☐ Pour in the stock and bring to the boil. stir the rice, then cover and simmer for 10 mins. Take the pan off the heat and set aside for 10 mins more to let the rice become fluffy and light.
- ☐ Toss the squash and onions, then return to the oven for 20 mins.
- ☐ Put the merguez into the oven in a separate tin and roast for 20 mins. The squash will be tender by this point, and the onions very crisp (verging on burnt in a good way!).
- ☐ When ready to serve, slice the sausages on an angle. Toss the squash, onions, sausage, mint and pistachios through the rice and serve with the sauce and a dollop of yogurt.

Nutrition Facts



 **PROTEIN 16.02%**  **FAT 43.4%**  **CARBS 40.58%**

Properties

Glycemic Index:43.2, Glycemic Load:25.16, Inflammation Score:-10, Nutrition Score:21.181304454803%

Flavonoids

Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.57mg, Quercetin: 7.57mg, Quercetin: 7.57mg, Quercetin: 7.57mg

Nutrients (% of daily need)

Calories: 651.5kcal (32.57%), Fat: 31.14g (47.9%), Saturated Fat: 10.98g (68.61%), Carbohydrates: 65.51g (21.84%), Net Carbohydrates: 60.55g (22.02%), Sugar: 7.65g (8.5%), Cholesterol: 65.5mg (21.83%), Sodium: 252.91mg (11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.86g (51.72%), Vitamin A: 13825.17IU (276.5%), Manganese: 1.04mg (51.81%), Vitamin C: 30.18mg (36.58%), Vitamin B6: 0.54mg (27.18%), Potassium: 789.47mg (22.56%), Phosphorus: 218.52mg (21.85%), Iron: 3.73mg (20.74%), Vitamin B3: 4.13mg (20.67%), Selenium: 14.04µg (20.06%), Fiber: 4.96g (19.85%), Vitamin B1: 0.29mg (19.54%), Copper: 0.39mg (19.47%), Magnesium: 77.18mg (19.3%), Vitamin E: 2.38mg (15.86%), Folate: 56.8µg (14.2%), Vitamin B2: 0.24mg (14.18%), Calcium: 132.51mg (13.25%), Vitamin B5: 1.2mg (11.96%), Zinc: 1.29mg (8.62%), Vitamin K: 6.37µg (6.07%), Vitamin B12: 0.21µg (3.42%)