

## Stuffed Butternut Pumpkin

Perfect for roasting on the BBQ, these Stuffed Butternut Pumpkins are ideal for a meat free meal!

### *Ingredients*

- 2 whole butternut pumpkin
- 3 tablespoon butter
- 1 cup Basmati rice
- 1 teaspoon garlic, finely chopped
- 2 cups chicken stock
- 1 cup cheddar cheese, grated
- 400g can of black beans, drained & rinsed
- 2 cups tomato salsa
- 1 cup frozen corn kernels, thawed
- 1/4 cup freshly chopped coriander
- 1 teaspoon cumin, ground
- 1 teaspoon chili powder
- salt & pepper to taste
- 1 cup guacamole or avocado dip
- 1 cup sour cream



### *Directions*

**Step 1** - To make the butternut pumpkin bowls, preheat the BBQ to 200°C. Wash the outside of the pumpkin clean and cut each in half lengthways down the middle. Scoop out the seeds and place on a baking tray or trivet so the inside of the pumpkin is facing up. Melt 1 tablespoon of the butter and brush a little on each pumpkin. Sprinkle each pumpkin with a pinch of salt and roast in the BBQ over indirect heat for 50-60 minutes or until very soft when pierced with a fork.

**Step 2** - When pumpkin is nice and soft, remove it from the BBQ and allow to cool. Scoop out the inside, leaving a 1cm border all the way around.

**Step 3** - While the pumpkin is roasting, prepare the rice. Melt the remaining butter in a large saucepan and add the dry Basmati rice and finely chopped garlic. Cook over medium heat until the rice is lightly toasted, then add the chicken stock. Bring to a boil, cover, and reduce heat to low. Simmer for 15-20 minutes until most of the liquid is absorbed. Remove from heat and rest for 5-10 minutes, covered.

**Step 4** - Fluff rice with a fork, then add half of the grated cheddar cheese, plus the black beans, salsa, corn kernels, chopped coriander, cumin and chili powder. Mix ingredients together and season to taste.

**Step 5** - Divide the rice mixture evenly between the pumpkin bowls to fill. Depending on the size of your pumpkins, you might have a little rice mixture leftover. Top each stuffed pumpkin with the remaining shredded cheese and bake at 200°C in the BBQ for approx. 15 minutes or until the cheese is melted and everything is heated through. Remove from BBQ and serve topped with guacamole and sour cream.

