



BUTTER BEAN & PEPPER NUT-LOAF

 **Prep: 25 minutes**

 **Cook: 30 minutes**

 **Serves: 4**

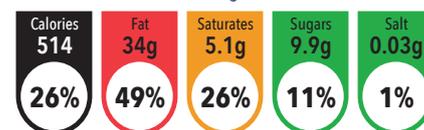
INGREDIENTS:

- 400g butternut squash, diced
- 1 red pepper, quartered
- 1 tbsp olive oil
- 100g unsalted cashews
- 100g pistachios
- 25g hazelnuts
- 400g can butter beans, drained
- 1 tsp **LoSalt**

METHOD:

1. Preheat the oven to 200°C, gas mark 6. Grease and line a 900g loaf tin.
2. Place the squash and pepper on a baking tray and toss in the oil. Roast for 20 minutes or until just tender.
3. Meanwhile, place the nuts in a food processor and roughly chop, add the butter beans and pulse until coarse. Add the **LoSalt**, black pepper, the squash and half the pepper then blitz again to give a coarse paste.
4. Spoon half into the prepared tin and lay over the reserved pepper slices, top with remaining paste and bake for 30 minutes.
5. Serve with a fresh salad.

Each serving contains



of your guideline daily amount

COOKS TIP:

Try using chick peas or cannellini beans instead of the butter beans. great served with a fresh tomato sauce.