THE LIGHTER PLATE METHOD

Spiced Roasted Butternut Squash

Warm ginger and cinnamon turn a simple roasted squash into something you'll want as a side on repeat.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
10 min	**35 min**	**45 min**	**4**	**EASY**

Ingredients

- 1 small butternut squash (peeled and cubed)
- 1 tsp ground ginger
- 1 tsp ground cinnamon
- 1 tsp sea salt
- 3 tbsp olive oil

Method

1. Heat the oven to 220°C (fan 200°C).
2. Toss the squash cubes with the ginger, cinnamon, salt and olive oil on a baking sheet.
3. Spread out in a single layer and roast for 30–40 minutes, until deeply browned, turning once.

Tips & swaps

- Good hot as a side, or cold tossed through a grain salad the next day.

Storage & reheating

Keeps in the fridge for 3 days.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
160	**2g**	**16g**	**10g**	**4g**

Estimated values, for guidance only.