

# Butternut squash & cottage cheese spread

Total time **25 mins** 5 mins preparation time 20 mins cooking time

Nutritional facts (per portion):  
**788 kJ / 188 kcal**

Fat: **12.7 g** Protein: **8.6 g**  
Carbohydrates: **11.5 g**

## INGREDIENTS

4 portion(s)

**300 g** butternut squash  
**200 g** cottage cheese  
**30 ml** olive oil  
**30 ml** [Kikkoman Naturally Brewed Soy Sauce](#)  
**20 ml** lemon juice  
**0.5 tsp** freshly grated ginger  
**0.33 tsp** ground nutmeg  
**30 g** toasted almond flakes  
Fresh parsley for garnish

## PREPARATION

### Step 1

Cut the squash into wedges, drizzle with the olive oil and roast at 180 °C for about 20-30 minutes. Let cool.

### Step 2

Add the cottage cheese, grated ginger, lemon juice, toasted almond flakes and nutmeg to a food processor. Add a little lemon zest if desired.

### Step 3

Add the roasted squash, season with the Kikkoman Soy Sauce, then blend until smooth.

### Step 4

Transfer the spread to a plate and garnish with the fresh parsley before serving.