KIKKOMAN

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.