

# Cooking at Home *with* City Catering

## Butternut Squash & Chickpea Cakes served with Garlicky Green Beans

Prep time: 15 minutes / Cooking time: 1 hour & 5 minutes

Serves  
4

### Ingredients

- 2 tbsps. oil
- 800g butternut squash, peeled and cut into chunky dice
- 150g white onion, finely diced
- 2 cloves of garlic, crushed
- 600g tinned chickpeas, drained
- ½ tsp of Garam masala, or to taste
- 1 tsp lemon juice, or to taste
- 200g green beans
- Salt & pepper



## METHOD

1. Preheat the oven to 180°C.
2. Prepare the butternut squash: The skin of the butternut squash is very hard so to make it softer make some holes in the skin with a fork (like you would do for a jacket potato) and pop in the microwave for 2 minutes. Afterwards, lay the butternut squash on its side on a chopping board, using a sharp knife carefully cut off the top ½ inch including the stem. Repeat by cutting off the bottom ½ inch of the squash too. You can discard those 2 bits. Using a peeler, peel all the skin off the squash, take your time and do it slowly and carefully. Once it is all peeled, lay it flat on its curvy side and slice in half down the middle. Then cut each piece in half vertically, so you will end up with 4 pieces of butternut squash. Use a spoon to scoop out all the seeds and stringy bits. Now you can cut the butternut squash into cubes.
3. Roast the peeled and diced butternut squash. Lay the cubes flat on a greased oven tray and cook at 180°C until tender. Depending on the size of the cubes it could take up to 40 minutes, you will know it's cooked when is tender and golden on the edges. If starts going too dark around the edges and still not cooked, just cover the tray in tin foil and continue cooking covered until soft.
4. Meanwhile, cook the onion and garlic in some oil until soft. Keep aside.
5. To make the cakes: In a large bowl add the chickpeas and using a fork or a potato masher roughly crush them, you do not want to mash them just to break them up.
6. Then add the cooked butternut squash, cooked onion & garlic, Garam masala and lemon juice to the bowl with the chickpeas. Mix well while mashing still using the fork or potato masher. Taste for flavour, add more lemon juice or Garam masala if you think it needs it.
7. Once fully mixed, divide the mixture into 8: using an ice cream scoop or a spoon, place individual scoops/spoons on a greased tray. Flatten the scoops to form into cakes.
8. Brush the top and side of the cakes with a little bit of oil too. Alternatively, if you have oil spray just give them a spray.
9. Bake at 180°C for 15 - 20 min until they have a nice golden colour.
10. Meanwhile, top & tail your green beans (cut both edges off). Cook them in boiling water for 3 minutes (you want them to remain crunchy). Drain them well. In a medium frying pan at medium heat, add 1 tbsp. of oil. When hot add 2 cloves of crushed garlic & cooked green beans. Toss them around in the pan for a couple of minutes until the garlic is cooked and the green beans are well coated in the garlicky oil.
11. Once the cakes are cooked, serve them with a side of garlicky green beans.