**Stuffed butternut roast with crunchy chickpeas and a yogurt dressing**

*\_2 - 4 people\_*

*You can serve this recipe on its own - because yes, it is soooo delicious! 😊*

**Ingredients:**

1 butternut cut into half

6 cloves of garlic for roasting

2 cups of spinach

1 onion cut into rings or wedges, it just does not matter!

1 t sugar

1 T olive oil

1 x 400g can chickpeas drained

1 t paprika

1 ring feta

4 T of low-fat plain yogurt

Micro herbs for garnish

**Method:**

1. Roast the butternut and garlic in the oven for 45 minutes at 180 degrees. I always use foil to cover the butternut to ensure softness. After 45 minutes place the spinach on top of the butternut and roast for a further 10 minutes until cooked.
2. Meanwhile, heat oil in a large fry pan over low heat. Add the onions and cook very slowly for 20 minutes. Add the sugar when onions are softened – this will start the caramelisation process. Cook onions until sticky and caramelised.
3. Coat the chickpeas in paprika and arrange on a baking tray. Drizzle with olive oil and roast until they start popping or until crunchy (10 – 15 minutes)
4. Serve the butternut with the caramelised onions, feta and the crunchy chickpeas. Drizzle over yogurt and garnish with micro herbs! Yum yum yum!!!!