

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.