



loch lomond shores

Rohan's Marinated Butternut Squash

Ingredients:

- Butternut squash 1
- Water 500ml
- Mustard seeds 10g
- Cumin 10g
- Turmeric 5g
- Oil 1 Tbsp



Method:

*Heat oil in pan add mustard seeds, cumin & turmeric.

*Cut butternut squash into roundles and placed into pan. Add water to cover butternut squash and cook for 15-20min.



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Rohan's Pollichattu Sauce

Ingredients:

- Sunflower Oil 50ml
- Cumin seeds 5g
- Mustard seeds 5g
- Green chilli chopped ½
- Fresh curry leaf 3-4 springs
- Chopped ginger 5g
- Chopped garlic 2cloves
- Turmeric 5g
- Coconut milk 150ml
- Lime juice ½
- Salt
- Chopped coriander 10g



Method:

*Heat oil add cumin seeds, mustard seeds, green chilli, fresh curry leaf leaves, onion sliced sauté for 2 min then add chopped ginger, garlic turmeric & coconut milk.

*Finish sauce with ½ lime juice.

*Place cooked butternut squash in a plate cover butternut squash with sauce & served with fresh salad.