



Baked Squash with Mushroom & Nut Roast Stuffing

Ingredients

For the Squash

- 2 medium squash (e.g. butternut), halved and de-seeded
- 2 tbsp olive oil
- Sea salt, to taste
- Freshly ground black pepper, to taste

For the Mushroom Nut Roast Filling

- 1 large onion, finely chopped
- 2 tbsp olive oil
- 4 cloves garlic, minced
- 125g mushrooms, finely chopped
- 80g cooked chestnuts, chopped
- 50g walnuts, toasted and crushed
- 1 tbsp tamari
- 4 tbsp nutritional yeast
- 1 tbsp vegan Worcestershire sauce
- 1 tsp sea salt
- Black pepper, to taste
- 1 tbsp maple syrup (optional, for sweetness)
- 25g dried cranberries, chopped
- 2 tbsp fresh thyme (plus extra for garnish)

Instructions

Step 1

Preheat your oven to 180°C (fan) / 350°F / Gas Mark 4.



Step 2

Slice the squash in half lengthwise and remove the seeds. Score the flesh in a diagonal pattern to help it roast evenly.

Step 3

Place the squash halves on a baking tray, drizzle with olive oil, and season with salt and pepper.

Step 4

Roast in the oven for 60 to 120 minutes (depending on size), until the flesh is tender and golden at the edges.

Step 5

Heat 2 tbsp olive oil in a medium pan over low heat. Add the chopped onion and cook gently for about 10 minutes until soft and golden.

Step 6

Add the minced garlic and sauté for 1 more minute.

Step 7

Stir in the chopped mushrooms and cook for 5–6 minutes, until the moisture evaporates and they soften.

Step 8

Add in the chopped chestnuts, walnuts, tamari, nutritional yeast, Worcestershire sauce, salt, pepper, maple syrup (if using), cranberries, and thyme. Mix well and cook for another minute. Remove from heat.

Step 9

Once the squash is roasted, spoon the filling generously into each cavity.

Step 10

Top with extra fresh thyme and a pinch of sea salt before serving.