



IMMANUEL
DIAKONIE

IMMANUEL.KOCHT

vegan & vegetarian with Lutz Fohgrub

SQUASH PIE WITH CASHEWS AND SULTANAS



• We wish you bon appetit! •

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SQUASH PIE WITH CASHEWS AND SULTANAS

This main course is in season in autumn, vegan und very easy to prepare.

The ingredients as listed yield 4 servings.

It's especially good served with fresh lettuce.

Ingredients

600 g	Hokkaido squash	40 g	fresh pineapple
200 g	waxy potatoes	80 g	shaved almonds
200 ml	coconut milk	2-3 tbsp.	olive oil
80 g	deep-frozen green peas	1 tsp.	Indian curry powder
80 g	cornmeal	1 tsp.	ground coriander
80 g	sultanas, unsulphurated	1 clove	fresh garlic
80 g	cashews	Salt	

To Prepare

Preheat oven to 160°C. Wash and peel potatoes, then cut in half-cm cubes. Heat saltwater in a pot, add potato cubes and cook until al dente. Pour off and let cool slightly. Scrub and clean the squash, pat dry, split into slices and then cut into approx. half-cm strips, then dice. Wash sultanas and let drain. Peel the pineapple, remove the stalk and finely dice the fruit pulp.

Tip the cooked potato, the raw diced squash and the diced pineapple into a mixing bowl. Add the cashews, sultanas and thawed peas. Dust with cornmeal and douse with the coconut milk. Season with curry, coriander, garlic and salt and mix everything together well.

Grease four small ramekins with the olive oil. Pour in the casserole mixture and sprinkle with shaved almonds. Bake in the oven for approx. 40 minutes at 160°C in re-circulating heat.

The Health Factor

Squash is low in calories yet filling. It should be a part of every fall menu. Squash is rich in such nutrients as Vitamin A, magnesium, beta-carotene, calcium and potassium. Beta-carotene, in particular, helps to protect out body's cells.

Allergy sufferers please note:

Contains nuts, can contain mustard seed, depending on the curry used.