

So Good Squashes Filled with Curry Sweetcorn

50 ml	Oil
1	Onion, chopped
50 g	So Good Yellow Curry Powder (Product Code: 3693844)
125 ml	Water
1 tin	Tinned Creamed Sweetcorn
4	Squashes, halved and the pips scooped out
100 g	Cheese, grated

METHOD

1. Boil or steam the squashes until just soft.
2. Put the oil in a pot and add the onions. Cook until soft.
3. Sprinkle the **So Good Yellow Curry Powder** over the onions and cook for 1 minute.
4. Add the water and stir to make a paste. Add the sweetcorn and stir through. Bring back up to the boil and cook for 2 minutes.
5. Fill into the squashes and sprinkle the cheese over.
6. Bake until the cheese is melted and starts to colour.



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