

Roast Kabocha Squash

FILLED WITH VEGAN SPINACH FLAN

Ingredients:

- 1 large ripe kabocha squash
- 100 grams cooked spinach, squeezed dry in a kitchen towel
- 75 grams egg substitute
- 75 grams soft tofu
- 50 grams sauteed shallots
- 25 grams kosher salt

Recipe:

Split open Kabocha squash and scoop out seeds. Coat interior with olive oil salt and pepper. Roast in oven at 350 degrees, until soft and tender. The orange-colored interior flesh should be just beginning to caramelize. Cool squash to room temperature while you build the filling recipe. Measure out and blend all remaining ingredients in a Blender until completely smooth. Pour mixture into both halves of squash dividing evenly. Place on a sheet tray and return to the oven. Cook until filling is set like a quiche, about one hour. Serve warm or at room temperature.