

# Cooking with Bente & Bells

simple – healthy – fun

## Stuffed squash

### Ingredients



- 1 medium butternut squash
- Dried or prepared cous cous
- 1 pepper, diced
- 1 packet of feta cheese, cubed
- 1 Grated Carrot

### Step 1



Pre-heat oven to 200 °c.  
Cover a baking tray with foil.  
Halve the butternut squash and empty out the contents (seeds, etc.). Sprinkle with herbs and bake for 40 mins.

### Step 2



In a bowl, mix grated carrot, ready to use cous cous and feta, then set aside.

### Step 3



When the butternut squash has been in the oven for 40 minutes, take out and place the diced pepper onto the tray for 10 minutes.

### Step 4



After 10 minutes add the warm pepper to bowl and mix with the other ingredients. Now use this filling to fill up the butternut squash. Then bake for another 10 minutes.



Prepare: 10 mins  
Cook: 1 hour



Cost per portion:  
80p



Calories per portion:  
113kcal



Serves  
**4**  
adults



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## MEET OUR TEAM

### Bente (aka Mummy)



Loves: Cooking, exercising and arts & crafts  
Favourite food: Banana with peanut butter on toast, houmous & veg and ice cream

### Bells (aka Annabella)



Loves: Swimming, hide & seek and playing It  
Favourite food: Sausages, carrots, dried fruit and ice lollies

Parents, grandparents and youngsters cooking together in the kitchen, sharing family recipes and secrets passed from one generation to the next, is a lost art in many households. These days it's hard for busy parents to even take time out to teach their kids basic cooking techniques.

It's true that including the kids in cooking meals requires time, patience, and some extra clean-up, especially when the children are younger. But many experts think it is well worth the effort.

- It encourages kids to try healthy foods - kids who learn to eat well may be more likely to eat healthfully as adults
- Learning to cook is a skill your children can use for the rest of their lives. Positive cooking experiences can help build self-confidence
- Kids feel like they are accomplishing something and contributing to the family
- Kids are more likely to sit down to a family meal when they helped prepare it
- Parents get to spend quality time with their kids
- Kids aren't spending time in front of the TV or computer while they're cooking
- Kids generally aren't eating junk food when they're cooking a meal at home.

### Safety tips:

- Never let children handle sharp knives without supervision
- Always hold a knife, blade facing downwards
- Adult supervision is recommended at all times when using a blender
- Never leave cooking unattended
- Always ensure that the children are not left unsupervised in the kitchen
- When using the cooker keep children away from the hot surfaces
- Be safe, have fun.



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