



Peppery Squash Stuffed with Apples and Chicken

Recipe Gluten-free, dairy-free (casein-free) and hypotoxic

By: Cuisine l'Angélique

PORTIONS: 6

PREPARATION: 30 MINUTES

COOKING: 60 MINUTES

Hypotoxic cooking: 90 minutes

INGREDIENTS

- 3 pepper squash
- 30 ml (2 tbsp) olive oil
- 200g (2 cups) leeks, chopped
- 1 orange pepper, diced
- 454 g (1 lb) ground chicken
- 250g apples, peeled and cubed (about 3 to 4 medium)
- 125 g (1/2 cup) chicken stock
- 30 ml (2 tbsp) fresh tarragon, chopped
- 10 ml (2 tsp) [garlic flower](#)
- 2.5 ml (1/2 tsp) salt
- Pepper, to taste
- 85 g (1/2 cup) dry breadcrumbs
- Pecan nuts, for decorating

PREPARATION

1. Preheat the oven to 375° F (190° C). Cover a baking tray with a sheet of parchment paper.
2. Cut the squash in half lengthwise and remove the seeds. Place them on the plate, flesh side down. Bake on the centre rack of the oven for 45 to 55 minutes, or until the flesh is tender when poked with a fork.
3. Meanwhile, in a medium saucepan, heat oil and fry leeks and pepper over medium-low heat for 5 to 8 minutes. Add ground chicken, apples, chicken broth, tarragon, garlic flower, salt and pepper.
4. Bring to a boil, cover and simmer over low heat for 10 to 15 minutes or until chicken is fully cooked. Stir often to prevent the mixture from sticking to the bottom of the pan.
5. When the mixture is cooked, remove it from the heat and add the bread crumbs. Set aside.
6. When the squash is cooked, remove from the oven and turn the pieces over, flesh side up. Salt lightly, to taste. Spoon filling into each half and decorate with the pecans.
7. **Traditional cooking:** Place stuffed squash on the centre rack of the preheated (on BROIL) oven just enough to lightly toast the top.
8. **Hypotoxic cooking:** Place stuffed squash on the centre rack of preheated oven at 230° F (110° C) for about 30 minutes, or until filling is hot and the top is lightly toasted.



A simply tasty recipe to enjoy squash this fall. A true culinary treasure to discover!