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## Oven Roasted Spatchcock

### Ingredients

Small spatchcock

¼ pumpkin

1 zucchini

3 bok choy

1 head broccoli

4 large mushrooms finely sliced

½ cup white wine

Organic butter

### Stuffing

Red quinoa

Pine nuts

Almonds

4 cloves Garlic

Salt & pepper to taste

### Method

Simmer 1 cup red quinoa in 2 cups of water for 8 minutes. Toast pine nuts and almonds in a dry pan until golden. Finely slice garlic and sauté with mushrooms. Combine all ingredients in a stainless steel bowl. Stuff spatchcock with stuffing, pressing down firmly as you go. Seal spatchcock by cooking on top of the stove until all sides are brown. Add wine, cover with lid and put in oven. Cook for 30 minutes

Cook pumpkin and then mash with organic butter, salt and pepper. Lightly blanch broccoli, bok choy and zucchini.

Serve with a drizzle of olive oil