



HOME CHEF

Roasted Asian Turkey Acorn Squash

With Red Bell Peppers, Ginger, and Ponzu Sauce



Squash aren't just for looking pretty on your doorstep during fall. No siree! They're for slicing open, coating with olive oil, and roasting to caramelized perfection. We take it up a notch (or seven) by stuffing ours with a sauté of ground turkey, red peppers, and slaw mix, seasoned with a melange of Asian flavors including ginger, ponzu sauce, soy, and a touch of red pepper flakes for heat. Aside from being super tasty, this dish is also low-calorie and super quick to make!

OVERVIEW



TIME TO PREPARE



INTERMEDIATE RECIPE



MILD



DAYS BEST COOKED BY

NUTRITION

Calories: 529
Carbohydrates: 35g
Fat: 25g
Protein: 44g
Sodium: 1378mg
per serving

DIETARY



LOW CALORIE



LOW CARB



DAIRY-FREE



NUT-FREE

DRINK PAIRING

Asian cuisines have a lot of complex flavors and this dish isn't any different. We recommend a rice wine like Japanese sake accompanied by a cup of green tea at the end of your meal.

INGREDIENTS

- 1 Acorn Squash
- 1 Red Bell Pepper
- 2 Garlic Cloves
- 3 Green Onions
- 3 Tbsp. Ponzu Sauce
- 1 Tbsp. Sesame Seeds
- 10 oz. Ground Turkey
- 3 oz. Chopped Ginger
- ¼ tsp. Red Pepper Flakes
- 2 Tbsp. Gluten-Free Soy Sauce
- 3 oz. Slaw Mix



Cook the Acorn Squash

Preheat oven to 425 degrees and prepare a baking sheet with foil. Carefully cut **acorn squash** in half from pole to pole. Use a spoon to scoop out strings and seeds. Place halves on baking sheet, bowl facing up. *If it rolls around, slice a piece off the bottom to give it a level surface.* Rub flesh of acorn squash with 1-2 tsp. **olive oil**, divided between each half. Season with a pinch of **salt and pepper**. Roast until the squash is tender, about 25-30 minutes. *To check doneness, insert a small knife into thickest part of the squash. It should go in without resistance and pull out easily.*

Prepare the Ingredients

Thoroughly rinse produce and pat dry. Stem, seed, and slice **red pepper** into thin strips (julienne). Mince **garlic**. Trim and thinly slice **green onions** at an angle (bias).

Make the Sauce

In a mixing bowl, add 1 Tbsp. of **sliced green onions**, all of the **ponzu sauce**, and half of the **sesame seeds**. Gently stir and set aside.

Cook the Turkey

Heat a large pan over high heat. Add 2 tsp. **olive oil** and **ground turkey**. Break meat up with spoon, then allow to cook untouched for 3-5 minutes to brown. Turn heat down to medium-high and cook turkey while stirring, about 4 minutes or until a minimum internal temperature of 165 degrees is reached.

Make the Filling

Add **garlic**, **ginger**, and **red pepper flakes** (to taste) to turkey. Cook for 30 seconds over medium-high heat. Set aside a pinch of **sesame seeds** and **green onions** for garnish, then add **red bell peppers**, **remaining green onions**, and **remaining sesame seeds** to turkey. Cook 1 minute. Add **soy sauce** and cook for another minute. Stir in **slaw mix**, remove from heat, and set aside until acorn squash is ready to fill.

Plate the Dish

Carefully handling hot **acorn squash** with towels or oven mitts, set each half on a plate. Fill empty cavity of **squash** with **turkey filling** and top with reserved **green onions** and **sesame seeds**. Put **ponzu-sesame sauce** into small dish and serve on side.

WHAT YOU NEED

- Olive Oil
- Salt
- Pepper

EQUIPMENT

- Baking Sheet
- Mixing Bowl
- Large Pan

DID YOU KNOW?

Nutrient-dense acorn squash makes a great vessel for a variety of stuffings. Our Asian-inspired take hits all the notes of hot, sour, salty, and sweet.

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