

Left-Overs Casserole

Ingredients:

Small amount of butter

A quantity of left-over cooked squash.

Some cold meat (or freshly cooked fish - enough to feed your family)

1 large onion

Some left over stock (or see 'sauces') enough to come at least half way up dish, approx. 1 cup.

Salt

Pepper

Method:

Sautee the onion in some butter until softened. Add the squash and heat through on a low heat, stirring all the time.

Place this in baking dish.

Add the cold meat.

Place the stock, salt and pepper in the same pan that you cooked the onion in and bring it to the boil. You can at this stage heat through any vegetables you are adding, e.g. frozen peas.

Pour it over the squash and meat until at least half way up dish. This provides moisture. Mix it all together.

Add a topping if desired.

Bake Gas 4, 350 F. 180 C. (160 C. fan) until piping hot (approx. 30-45 mins).

