



SEAN MINOR.

Harvest Farrow with Roasted Acorn Squash

Sunday dinner entrée filled with savory spices, aromatics and spinach makes for a wonderfully showy pairing with our 2021 Nicole Marie North Coast Red Blend. Make this meatless or top with Italian sausage or grilled chicken thighs. Always wins the way to our hearts around our table, enjoy with your loved ones too. 😊



Prep: 45 mins -1 hour, serves 4

Pair With: Nicole Marie North Coast Red Blend

Ingredients:

- 3 cups cooked Farrow (can substitute brown rice)
- 2-3 T olive oil
- 2 large acorn squash or sweet potato (1" cubes)
- 2 large carrots
- 2 celery stalks
- 1 yellow onion
- 2 shallots
- 4 large handfuls of spinach
- 3 Chicken thighs or Italian sausages
- ½ cup pistachios
- 2 T butter
- 1 ½ tsp fennel seeds
- 1 tsp ground herbs Provence (or Thyme and Sage)
- 2 cloves garlic
- 1 tsp onion powder
- 1 tsp paprika
- ¼ tsp crushed red pepper flakes
- ¼ tsp salt
- ¼ tsp pepper and garish with pomegranate seeds

Directions:

Preheat the oven to 450°

Roast the squash in the oven. Place cubed pieces on a baking sheet sprinkled with 1 T olive oil, pinch of salt and black pepper. Roast until tender but not mushy.

Heat skillet on medium for cooking chicken thighs or sausage. Use 1 T olive oil, salt and pepper the chicken and cook through (20-25 minutes).

Chop carrots, celery, garlic and onion into small pieces. Finely chop the pistachios (could skip if you don't have any).

Bring a large pan to medium heat, melt the butter and 1 T olive oil. Add carrots, celery, garlic, onion and fennel (this is a must) until tender, approximately 5 minutes. Stir in the Farrow, pistachios, Herbs de Provence, onion powder, paprika, red pepper flakes, salt and black pepper and mix to fully combine.

Serve over chopped uncooked spinach as it will wilt naturally. Sprinkle the roasted squash over the Farrow and layer with sliced chicken. Garnish with pomegranate seeds and serve warm.

always invited.

seanminorwines.com | f @seanminorwines