

Butternut Squash (Makes 6 portions)

Ingredients

1 small-medium butternut squash (approx. 350g/12oz)

Method

1. Peel the butternut squash, de-seed and cut the flesh into 2 ½ cm/1 inch cubes.
2. Steam for 12 minutes or cover with boiling water and simmer for 10-15 minutes or until tender.
3. Transfer the squash to a blender and make a purée with a little of the cooking liquid.