

Butternut Squash & Pear (Makes 4 portions)

Ingredients

1 medium butternut squash or pumpkin (approx. 450g/1lb)

1 ripe pear

Method

1. Remove the skin of the butternut squash, cut in half, remove the seeds and chop into pieces.
2. Steam for about 12 minutes.
3. Peel, core and chop the pear, add to the steamer and continue to cook for 5 minutes or until the squash is tender.
4. Purée in a blender.