

Butternut Squash

Here are some different ways you could use up your butternut squash.

1. Roast – peel, cut into cubes (discard seeds), drizzle over seasoning/herbs and roast in a hot oven for around 30–40 mins.
2. Mash – peel, cut into cubes and place in a pan with boiling water, and boil for 20–30 mins. Drain water and mash with a little milk using a fork or masher. Use where you would usually use mashed potato.
3. Bake – wash, prick all over with a fork and bake whole in the oven.
4. Stuffed butternut squash – slice the squash in half lengthways (removing the seeds). Bake in a hot oven flat side down for around 40 mins.
5. Use instead of meat in a recipe e.g substitute boiled/roasted cubes of butternut squash instead of chicken in a curry recipe or in a Mexican wrap.
6. Use in a salad – use roasted/boiled cubes of butternut squash to scatter over a salad.
7. In a stew – add cubes of squash to a stew.
8. Use in soups – follow our basic soup recipe.
9. Add to pasta sauces – follow our basic pasta sauce recipe, adding cubes of squash.
10. Topping – add small cubes as a pizza topping.