



Recipes

Butternut Squash

In the UK, these vegetables are harvested in the Autumn, and this is when you may see lots of these on offer. 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 minutes.
2. Mash – peel, cut into cubes and place in a pan with boiling water, and boil for 20–30 minutes. 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 30 minutes. In the meantime prepare your filling e.g. savoury rice mix, mince or cous cous mix. After 30 minutes, remove your squash from the oven, top with the filling and wrap in foil; pop back in for 20 minutes until it is all piping hot.
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*: <https://www.family-action.org.uk/what-we-do/children-families/food-club/recipe-ideas/>
9. Add to pasta sauces – follow our *basic pasta sauce recipe*, adding cubes of squash. <https://www.family-action.org.uk/what-we-do/children-families/food-club/recipe-ideas/>
10. Topping – add small cubes as a pizza topping.
11. Butternut squash steaks – remove the two ends from the squash, slice into 3cm wide pieces and roast each slice for around 20-30 minutes. You can add an extra flavour rub if you like such as chilli (just rub all over with a little chilli powder).