

Butternut Squash Gratin

(serves around 6 people)

This creamy, cheesy dish will please the whole family. Serve with some cooked veggies or a healthy salad for a delicious meal.

Ingredients

* 1 Butternut squash
* 1 tablespoon of oil
* 1 leek, sliced
* 100g cheese\*
* 400ml milk\* (or plant-based milk or coconut milk)
* 1 heaped tbsp cornflour\*
* Salt and pepper
* Walnuts to garnish\* (optional)

Method

1. Pre-heat the oven to 190°C and peel the butternut squash.
2. Slice as thinly as possible, aiming for about 3mm. The thinner the slices the faster this dish will cook.
3. Add the oil to the pan and sauté the leek until soft.
4. Make a paste by starting off with a small amount of milk and stirring in the cornflour, then gradually add in the rest of the milk with the seasonings. Heat until thickened, stirring regularly.
5. Layer all the ingredients in a 20 x 30 cm baking dish (or a baking tin of a similar size).
6. Sprinkle the two bottom layers with leeks and cheese and a little of the milk mixture.
7. Spoon the remaining milk mixture over top of the third layer. Cover tightly and bake for 45 minutes.
8. Uncover, turning the heat up to 200c for 10-15 more minutes until beautifully golden.
9. This is the basic recipe but you could try adding some garlic and herbs, such as sage, to the pan when the leeks are almost cooked. You could mix in half a teaspoon of nutmeg to the milk mix to make it extra tasty.

\* Can contain or is one of the 14 common allergens