

PUMPKIN PUREE

Number of portions: 4 to 6

Portion size: 1 cup



INGREDIENTS

1 pumpkin or squash of your choice

METHOD

1. Wash the pumpkin or squash.
2. Cut squash in halves. Empty squash of its seeds (Keep seeds aside in a bowl to make pumpkin seeds later).
3. Place 2 halves of the squash on a baking sheet, face down.
4. Cook in the oven at 350°C until tender (about 30 to 45 minutes).
5. Scoop squash with a spoon. Mash with a fork or in the blender.

TIPS

- Pumpkin puree can be served as a side dish.
- It can also be mixed to mash potatoes to serve as a side dish or in Shepherd's pie.

