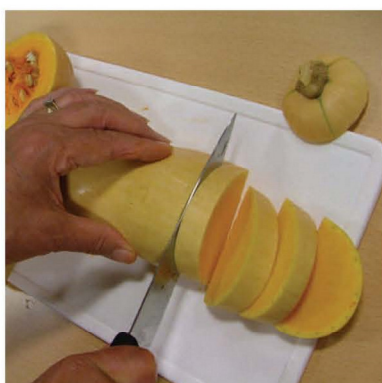
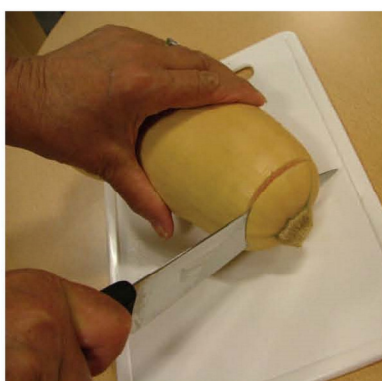


Butternut Squash



Kabocha Squash



$\frac{1}{4}$ = 1 of
your 5 a
day

- 1 Using a sharp knife cut away top and take a thin slice from bottom to give a flat surface.
- 2 Stand squash on end and using a large knife slice through the middle.
- 3 Using a spoon remove the seeds.
- 4 Turn onto flat side and cut in half making shorter pieces.
- 5 Lay shorter pieces down on flat side and cut into slices.

Tips

Squash can be served as a mash, but peeling is recommended.

Kabocha Squash will not need top removing before cutting in half.

Why not try Butternut squash mash?

Prepare squash as above, steam or boil. Add wholegrain mustard and mash.