

THIS MONTH, IT'S ALL ABOUT BUTTERNUT SQUASH

Simple, Seasonal, Sensational!

Did you know?

One cup of butternut squash gives you over 450% of your daily vitamin A needs - great for vision, skin, and immunity

It has more potassium than a banana, helping support heart health and healthy blood pressure

Why we love it

Packed with vitamins, naturally sweet, and incredibly versatile - perfect for roasting, soups, pastas, BBQ and more!

Fun fact

Butternut squash was developed in the 1940s by crossing a pumpkin with a gooseneck squash!

A farmer named Charles Leggett from Massachusetts created it in his backyard - he said it was 'smooth as butter and sweet as a nut ... and the name stuck!

TAKE THE FLAVOUR HOME - TRY SOME OF OUR CHEFS' FAVOURITE TASTY BUTTERNUT SQUASH RECIPES!

WE ONLY USE



FRESH UK BEEF



FRESH UK PORK



FREE RANGE EGGS



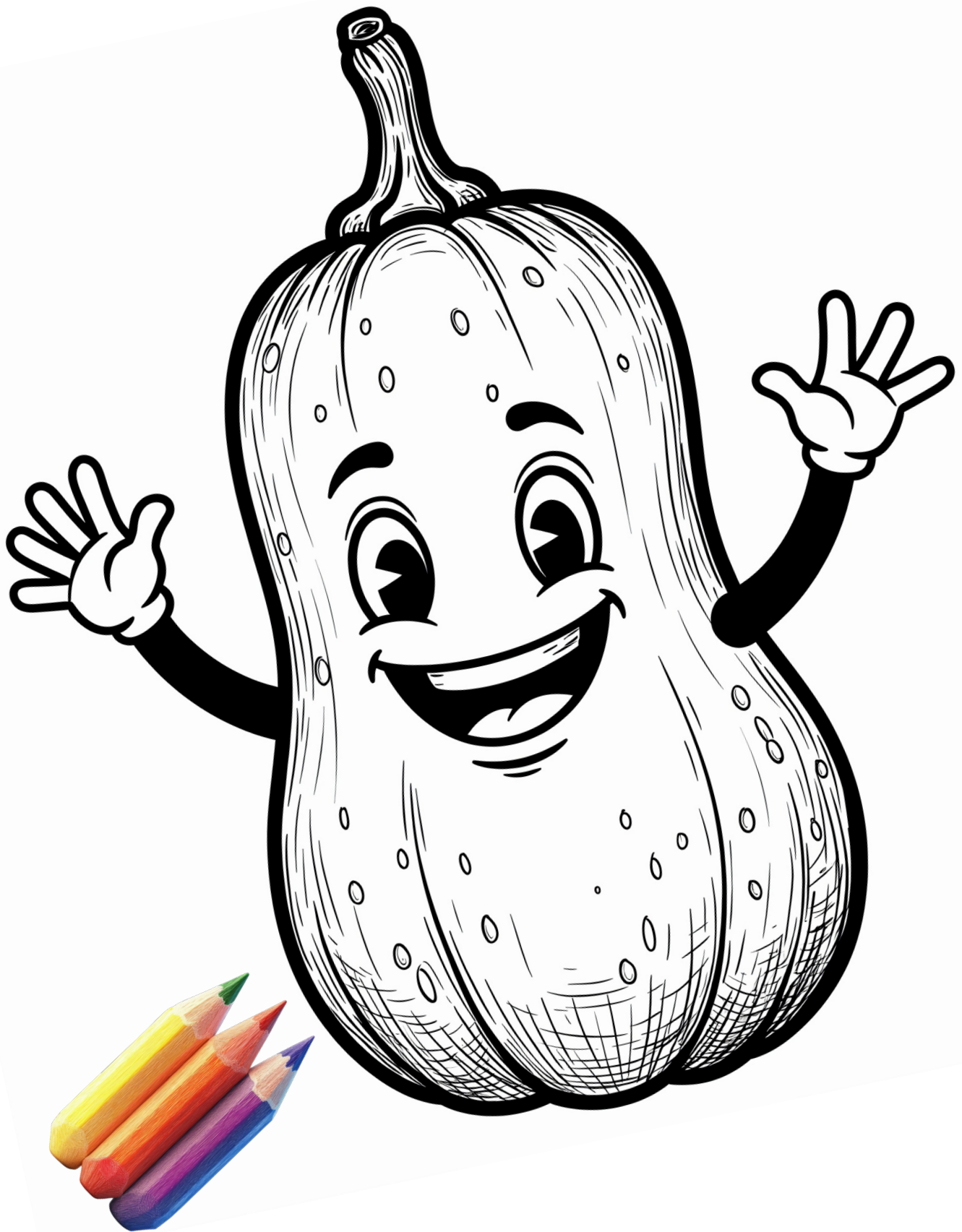
LOCAL FRUIT & VEG



WHOLE MEAL PASTA

fresh ingredients  **fresh food**

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RECIPE

ROASTED BUTTERNUT SQUASH AND COUSCOUS SALAD (COLD SALAD)

INGREDIENTS

- Butternut squash - 500g
- Couscous - 300g
- Red pepper - 1
- Olive oil - 30ml
- Lemon juice - 25ml
- Fresh parsley - small handful, chopped

METHOD

1. Roast squash and chopped red pepper in olive oil at 200°C for 25-30 minutes.
2. Prepare couscous as per pack instructions and cool.
3. Mix couscous with roasted veg, parsley, and lemon juice.
4. Chill before serving.

BUTTERNUT SQUASH AND CHEESE MUFFINS

INGREDIENTS

- Butternut squash (grated or puréed) - 375g
- Self-raising flour - 150g
- Eggs - 1.5 (use 1 large egg + 1 yolk or beat 2 and use approx. $\frac{3}{4}$)
- Milk - 125ml
- Grated cheddar - 125g
- Oil - 25ml

METHOD

1. Preheat oven to 180°C.
2. Mix all ingredients into a thick batter.
3. Divide into 5 muffin cases and bake for 20-25 minutes until golden.



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RECIPE

CREAMY BUTTERNUT SQUASH AND CARROT SOUP

INGREDIENTS

- Butternut squash - 500g
- Carrots - 250g
- Onion - ½ large or 1 small
- Vegetable stock - 625ml
- Olive oil - 25ml

METHOD

1. Sauté chopped onion in oil.
2. Add chopped squash and carrots.
3. Pour in stock, simmer 30 mins.
4. Blend until smooth and serve warm.

BUTTERNUT SQUASH AND LENTIL CURRY

INGREDIENTS

- Butternut squash - 500g
- Red lentils - 150g
- Onion - ½ large or 1 small
- Mild curry powder - ½ tbsp
- Coconut milk - 200ml
- Vegetable stock - 250ml

METHOD

1. Sauté onion and curry powder.
2. Add squash, lentils, stock, and coconut milk.
3. Simmer 25-30 minutes until soft.
4. Serve with rice or naan.



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RECIPE

BUTTERNUT SQUASH MAC AND CHEESE

INGREDIENTS

- Butternut squash - 375g
- Macaroni - 300g
- Milk - 250ml
- Grated cheese - 150g
- Butter - 25g
- Flour - 25g

METHOD

1. Boil squash until soft, then purée.
2. Cook macaroni.
3. Make cheese sauce with butter, flour, milk, and cheese.
4. Stir in squash purée.
5. Mix with macaroni, bake at 180°C for 20 mins.

BUTTERNUT SQUASH AND SWEETCORN FRITTERS

INGREDIENTS

- Butternut squash (grated) - 375g
- Sweetcorn - 200g
- Eggs - 1
- Self-raising flour - 100g
- Mild spices (paprika/cinnamon) - ¼ tsp
- Oil - for frying

METHOD

1. Mix all ingredients into a thick batter.
2. Fry spoonfuls until golden on both sides.
3. Keep warm in the oven until serving.



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