
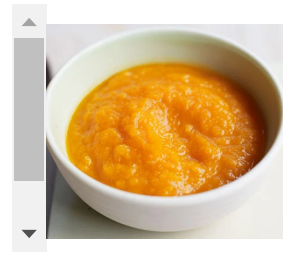


Pumpkin purée

L Prep: 10 mins
Cook: 20 mins - 30 mins

 Easy

 Serves 4 - 6



Ingredients

750g pumpkin or butternut squash

Method

Step 1 To steam the pumpkin, peel and seed it, then cut into evenly sized cubes. Put the cubes in a steamer or colander set over a pan of simmering water and cook for 10 mins. Test with the point of a knife and cook for a further 5 mins if not cooked through. Mash and leave to cool. Alternatively, to microwave the pumpkin, cut it in half (no need to peel it or cut out the seeds) and sit cut-side up in the microwave. Cook for 20 mins, then check the flesh is soft by poking it with a fork. Keep cooking if you'd like it softer. Scoop the flesh into a bowl, then mash and leave to cool.

