

Butternut Squash Penne & Cheese

Ingredients

Click the image below for a [video guide](#).



- 2 tbsp butter
- 3 large cloves garlic, minced
- 1 butternut squash, diced
- 250ml vegetable stock
- 400g uncooked penne pasta
- 300ml milk
- 200g grated cheddar cheese
- salt and black pepper, to taste

Method

- 1.** Cook the pasta as per the packet instructions. Save some of the pasta water for later.
- 2.** Melt the butter, add the garlic, and cook for 1 minute.
- 3.** Add the butternut squash and veg stock and bring to the boil, reduce heat and simmer for 10 minutes.
- 4.** Put the squash mix in a blender with the milk and mustard and blitz until smooth. If you don't have a blender, you can mash it down or use a stick blender.
- 5.** Put the sauce back into the pot and add the grated cheese.
- 6.** Combine the sauce and cooked pasta and stir well. If it is too thick add some pasta cooking water to thin.
- 7.** Season with salt and lots of pepper.