Less than 30 minutes Makes 3 ½ cups Share with friends Share on facebook Share on twitter Share on pinterest Share on whatsapp Share on email Ingredients:

- 1 packet (500g) cubed butternut (one medium butternut will do)
- 2 cups (500ml) chicken or vegetable stock
- 1 cup (250ml) cream or milk
- 1 tsp (5ml) mustard powder (Dijon or wholegrain will do too)
- Pinch nutmeg
- Salt and milled pepper
- 1-2 cups (125-250g) grated cheddar
- Chopped fresh herbs (like thyme, parsley and coriander)
- Cooked pasta, for serving

Method:

- 1. Place butternut and stock in a pot, cover and bring to the boil.
- 2. Boil for 12-15 minutes or until soft.
- 3. Add cream or milk, mustard, nutmeg and season.
- 4. Blitz mixture with a stick blender until smooth and stir through cheese.
- 5. Stir through fresh herbs (or dried if you prefer).
- 6. Toss sauce through pasta and serve as a side with chicken or schnitzels.