

Less than 30 minutes

Makes 3 ½ cups

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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.