

Roast sweet potato, butternut and garlic mash

Serves 4



Ingredients (allergens in bold)

- 1 butternut squash (about 750g)
- 750g sweet potatoes
- 1 bulb garlic, halved but papery skin still on
- 1 red chilli
- few leaves of fresh sage
- 2-3 tbsp olive oil
- black pepper and salt

Method

1. Heat the oven to 200°/gas 6.
2. Peel and cut the butternut and sweet potatoes into chunks.
3. Put the chunks with the halved bulb of garlic, whole red chilli and 4 sage leaves into a large roasting tin, drizzle with the oil and mix well to coat all the veg.
4. Place the tin in the oven and roast for about 45 minutes until everything is soft.
5. Remove the chilli and garlic. Halve and deseed the chilli, then chop finely, squeeze out the soft garlic and add them back to the roasted veg.
6. Mash everything together, season with ground black pepper and a little salt and serve drizzled with a little more olive oil and fresh sage leaves.



Equipment

- chopping board
- sharp knife (large strong blade)
- peeler
- roasting tin
- potato masher
- serving bowl

Recipe notes and tips

- To save fuel, you can cook this in an air-fryer, following the manufacturers' instructions.
- Make this in the autumn when butternut squash is in season and fairly cheap.
- Pumpkin would work in this recipe too.
- Add a crunchy topping of roasted pumpkin seeds.