

Baked Butternut Squash Fries



Serves 3

Prep 10 mins

Cooking 20 mins

Easy

Ingredients

1 small butternut squash, halved, seeds scooped out
2 tbsp olive oil
¼ tsp dried thyme
¼ tsp dried oregano
½ tsp salt
zest from half an orange
1 tbsp orange juice

1. Preheat oven to 250°C/ 230C Fan/Gas 8. Place a rimmed baking sheet in the oven as it heats.
2. Cut the butternut squash into strips, one cm thick (½ in).
3. In a medium bowl mix the olive oil, thyme and oregano. Toss the sliced squash and mix gently.
4. Spread the squash evenly over the hot baking pan. Bake for 20 minutes or until tender and baked through. You can enjoy them as they are or:
5. In the same bowl, mix the orange zest and orange juice. Add the warm squash and toss gently.

Note: these taste nice but are soft, rather than crispy. To crisp them up you can fry them in oil, like normal potato fries. They are nice as an accompaniment to chicken.