

# Baked Butternut Squash



**Serves 2**

**Prep 15 mins**

**Cooking 1 h 25 mins**

**Easy**

## Ingredients

- 1 butternut squash
- 3 tbsp half fat crème fraîche
- 1 tsp paprika, + extra for sprinkling
- 3 spring onions, trimmed and finely chopped
- 2 tbsp grated Parmesan cheese
- 2 tbsp coarse breadcrumbs

1. Preheat the oven to 200C/180C fan/ Gas 6. Halve the squash lengthways and scoop out the seeds and threads with a spoon and discard them. Cut out as much of the flesh as you can without breaking the shell and put in a microwave dish, leaving a thin border and keeping the skin and shape of the squash intact.
2. Put the empty shells in a baking dish and roast for 40 - 50 mins until the flesh is soft when you test it with a knife.
3. Just before the shell is ready, put the flesh in a covered microwave oven dish on a medium heat for about 6 minutes. Test the flesh after 6 minutes and if necessary keep going in 3 minute bursts until the flesh is soft. Alternatively put the flesh in a covered oven proof dish and roast at the same time as the skins.
4. When ready, mash the flesh with a fork and mix with the crème fraîche, paprika and spring onions.
5. Pile the mixture back into the shells. Put on the baking dish and sprinkle with the grated cheese and breadcrumbs and a little more paprika. Put the squash shells back in the oven and cook for another 25 mins until browned on top and piping hot.
6. Tip: If the squash skin collapses, scrape out all the flesh and pile the mixture into two small or one larger gratin dishes for serving.