



CHRISTMAS SPROUT AND BUTTERNUT SQUASH GRATIN

25 MINS
PREP

SERVES
5-6

STAGE 2

NUT
FREE

VEGGIE

This is an ideal Christmas side dish for the whole family and is perfect served with turkey or chicken at the table!

This vegetarian family recipe can even be enjoyed by adventurous little foodies during stage 2 weaning!

WHAT YOU NEED

1 large butternut squash
 1 large brown onion
 2 cloves of garlic
 Olive oil
 1 spring of fresh rosemary
 600g of sprouts (we used one bag / or one stem)
 400 ml of single cream
 ½ tsp of nutmeg
 x2 slices of good quality bread (blended)

WHAT TO DO

1. Preheat the oven to 180C.
2. Quarter the butternut squash lengthways, and place in baking tray (skin side down) with the onion (also quartered) and garlic cloves. Drizzle with oil and the rosemary before placing in the oven for 45 mins.
3. Trim and quarter each sprout and add to a pan of boiling water. Simmer for 5-10 mins (or until tender). Strain and add to a hot frying pan with a knob of butter, fry for 5 mins until the sprouts are beginning to brown nicely and fall apart. Add the cream and nutmeg to the pan.
4. Remove the squash from the oven, scoop out chunks with a spoon and discard the leftover skins. Add the sprout and cream mixture to the baking tray with the butternut squash, and sprinkle with breadcrumbs.
5. Bake in the oven for 25 – 30 mins before serving.