



## **Butternut Squash Fries**

### ***INGREDIENTS:***

1 butternut squash

1 tbsp olive oil

sea salt to garnish

### ***INSTRUCTIONS:***

Preheat the oven to 200c. Peel and cut the squash in half lengthways. Scoop out the seeds and then cut each half into fries or wedges.

Toss the fries in oil and then place in a single layer onto a baking tray. Bake for 20-35 minutes (depending on the size of your fries) turning once.

Remove from the oven and sprinkle with sea salt.