



# INSTRUCTION CARD – DICING BUTTERNUT PUMPKIN

## INGREDIENTS:

Butternut pumpkin

## UTENSILS:

Clean paper towel or cloth

Chopping board

Knife

Vegetable peeler

Spoon

## METHOD:

1. Wash and dry the butternut pumpkin thoroughly. To do this rinse well with cool water, being sure to remove any dirt or residue. Pat dry using a clean paper towel or cloth.
2. Lay the butternut pumpkin on the chopping board. Using a sharp knife, cut 1 to 2 cm off each end of the pumpkin – this will remove the stem and the base.
3. Peel the skin off the pumpkin using a vegetable peeler. Discard peel.
4. Lay the peeled pumpkin on a chopping board horizontally. Hold the pumpkin firmly and cut it in half to separate the round bottom and cylinder-shaped top.
5. Place each piece with flat side down and cut the pieces in half again.
6. Using a spoon, scoop out the seeds and pulp and discard these.
7. Place a piece of pumpkin, flat side down onto the cutting board. Make cuts vertically every 1 to 2 cm along.
8. Hold the sliced pumpkin together with one hand and carefully slice across these pumpkin strips to create 1 to 2 cm cubes.
- 9 Repeat Steps 7 and 8 for each of the other pumpkin pieces then cook as desired



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