

LOCKDOWN RECIPES



29th October 2021



BUTTERNUT SOUP

PREPARATION TIME:

Less than 30 mins

COOKING TIME:

30 mins to 1 hour

SERVES:

8

INGREDIENTS

1.5kg peeled and deseeded Butternut Squash

1 Large Onion

2 Medium Carrots

1 Red Pepper

4 tbsp Olive Oil

1 tbsp Clear Honey

5cm Fresh Root Ginger

1.5 litre Vegetable Stock

Salt and Pepper

This easy butternut squash soup recipe is completely dairy-free! It has added red pepper and ginger, and is deliciously smooth.

Equipment : You'll need a 3.5 - 4 litre deep-sized saucepan

METHOD

Preheat the oven to 200C/180C Fan/Gas 6.

Tip the prepared squash into a large, resealable freezer bag with the onion carrots and red pepper. Add half the oil and salt and pepper and toss everything together until the vegetables are evenly coated. Tip into a large roasting tin and spread out to form a single layer.

Roast in the oven for 40-45 minutes, or until tender and tinged brown. Drizzle over the honey, if using, 5 minutes before the end of cooking.

Place the large, deep-sided saucepan over a medium heat, add the remaining oil, and when it is hot, add the ginger and fry for a minute. Pour in the stock and bring to the boil, then stir in the roasted vegetables and add salt and pepper.

Remove the saucepan from the heat, and using a hand blender, blend the mixture until smooth. Return to the heat to warm through and serve hot with crusty bread.