

Spicy Butternut Squash Soup

Ingredients

2 medium butternut squash, roasted & gutted

1 large onion, diced

3 cloves garlic, chopped

1 tablespoon olive oil

1 ½ teaspoons curry powder

½ teaspoon ground cumin

1 teaspoon ground ginger

1 litre (2 pints) of vegetable stock or chicken stock*

Salt & pepper to taste

*usually protein free but check protein on label

Method

1. Cut butternut squash in half and dab the halves with olive oil & salt.
2. Roast in the oven at 200°C/400°F until soft. This should take about 20-30 minutes.
3. When done, let cool and scoop out filling, and set aside.
4. Heat up your soup pot on medium heat. Add oil, onion and garlic.
5. Sweat onions/garlic until soft.
6. Add all of the spices and stir to get that nutty flavour. Add the squash and stir around until incorporated.
7. Pour your stock in and let simmer for roughly 25 minutes.
8. Transfer to blender, or use a hand blender.