

Butternut Squash Soup



Ingredients

1 butternut squash
1 red onion, chopped
1 tsp cumin seeds
2 garlic cloves, chopped
finely
3cm piece ginger, grated
2 red chillies, chopped (keep
some for garnish)
500ml water or chicken
stock
50ml coconut cream

Method

- 01** Slice the squash into four long strips, remove the seeds and place on a tray with a little knob of butter on each and roast at 180°C for about 35 minutes until soft.
- 01** Meanwhile heat some oil and add cumin seeds until fragrant, then add onions and cook gently until soft.
- 01** Stir in the garlic and ginger and chilli and cook gently for about 5 minutes.
- 01** Once the squash is soft scrape the flesh out and discard the skin. Stir the flesh into the onions.
- 01** Add the stock and cook through until everything is soft (about 5 minutes).
- 01** Using a hand blender blitz the soup until it's smooth and thick. Pour in the coconut cream and if it's too thick add a little hot water.
- 01** Pour into bowls and top with a swirl of coconut cream and a chopped chilli. Serve with some crisp naan bread.



More on this recipe

<http://www.harighotra.co.uk/curried-butternut-squash-soup-recipe>