



Butternut Soup

A simple, tasty healthy soup.

Ingredients

- 1kg butternut squash,
- 1 onion
- 4 garlic cloves
- 50g sunflower seeds
- Large bunch of rosemary
- 1x400g can chickpeas, drained and rinsed
- 1 litre of water
- 1 tbsp stock powder or stock cube
- 1 tbsp miso paste (red/white or brown)
- 1 tbsp black peppercorns
- Vegan cream or yoghurt to serve

Method

- Heat your oven to 200°C/Gas mark 6.
- Cut the squash in half, lengthwise, then into slices, roughly 4cm wide. Cut the onion in half lengthwise not removing the outer skin. Place the squash, onion and garlic on a baking tray.
- Roast the veggies in the oven. Remove the garlic after 10 minutes but leave the onion and squash for 30 minutes until cooked.
- Whilst the veggies are cooking put the seeds into a small dry frying pan on a medium heat. Cook for around 10 minutes until they are browned and you can smell their aroma.
- Remove the squash seeds and skin. Place the flesh in the saucepan with the garlic cloves and onions, removed from their skins. Add the rosemary, chickpeas and water.
- Blend, with a hand blender, until smooth. Add the stock powder and miso paste. Blend once again. Put the pan on a medium heat to warm through. Do not allow it to boil.
- Crush the peppercorns in the pestle and mortar. Serve the soup topped with cream, seeds and freshly ground pepper.

Nutritional Benefits

Butternut squash is rich in vitamins, antioxidants, and fibre so great for your skin, digestion and energy.