

# Roasted Butternut Squash Soup

brunch+lunch > Roasted Butternut Squash Soup



Serves **6**. Prep Time approx. **15-20** min.  
Cooking Time: approx. **50-60** min.

## Shopping LIST:

*For the Roasting Tray:*

**1kg** squash,  $\frac{1}{2}$  red pepper (about **110g**), **2** carrots (about **250g**),  $\frac{1}{2}$  tsp chilli flakes,  $\frac{1}{2}$  tsp salt,  $\frac{1}{2}$  tsp pepper, **2** crushed garlic cloves, **4** tbsp olive oil.

*For the Soup (Boiling Saucepan):*

**2** liters of water, **3-4** potatoes (about **400g**), **1** onion, **1** cube of good quality chicken stock, (season to taste) salt and fresh ground black pepper.

## Method:

Preheat the oven to **180°C** fan.

*Begin by preparing the vegetables.* Peel, scoop out the seeds, and chop the **1kg** squash,  $\frac{1}{2}$  red pepper (about **110g**), and **2** carrots (about **250g**) into approximately **2-3cm** cube-sized pieces. Place them in a large bowl, and season with  $\frac{1}{2}$  tsp chilli flakes,  $\frac{1}{2}$  tsp salt,  $\frac{1}{2}$  tsp pepper, and **2** crushed garlic cloves. Drizzle with **4** tablespoons of olive oil. Toss to coat the vegetables thoroughly, then transfer them to a large roasting tin. Roast in the oven for **25-30** minutes, or until the squash is tender and golden brown.

*In a large saucepan,* heat **1** tablespoon of olive oil. Add the onion, a good pinch of sea salt, and black pepper. Cook gently for **5** minutes, or until the onion becomes sweet and soft. Add the roughly chopped potatoes to the saucepan. Pour in the **2** liters of boiling water and allow the mixture to simmer until the potatoes are thoroughly cooked, which should take approximately **25** minutes.

Once the potatoes are cooked, add **1** cube of good quality chicken stock. Stir to dissolve the stock cube into the soup.

Once the roasted vegetables and the soup base are ready, remove the tin from the oven. Add the roasted squash, carrots, and red pepper to the soup. Allow it to cool for a bit. Then, use a blender to purée the soup until it's creamy.

If you like, serve the soup with a dollop of yogurt or sour cream and a drizzle of olive oil. It's best enjoyed warm with chunks of ciabatta bread.



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"bon appétit"