

Butternut Squash Soup



Serves: 4

Time: 55 min

Instructions

- 1:**
Fry the onion in oil until translucent, then add ginger and garlic.
- 2:**
Add the squash, stock, salt (to taste) and the spices; bring to the boil then simmer for 15 minutes.
- 3:**
Add the coconut milk and maple syrup and cook for 10 minutes.
- 4:**
Purée in a blender or food processor until creamy, and serve.

Ingredients

- 1**
Onion, chopped
- 3**
Garlic cloves, crushed
- 3 tbsp**
Ginger, minced
- 1 kg**
Butternut squash, peeled, deseeded and cut into chunks
- 500ml**
Vegetable stock
- 1 tsp**
Garam masala
- 1/4 tsp**
Ground fenugreek
- 1/4 tsp**
Ground cinnamon
- 1**
Tin of full fat coconut milk
- 2 tbsp**
Maple syrup