

Curried Butternut Squash, Lentil & Coconut Soup

Serves 8

INGREDIENTS

- 300g carrots, diced
- 500g butternut squash, diced
- 1 tbsp olive oil
- 100g red lentils
- 1 tsp cumin
- 1 tsp paprika
- 1 tsp turmeric
- 1 brown onion diced
- 800 ml vegetable stock
- 1 tbsp black pepper
- 400g light coconut milk



Frozen vegetables can be used to bring costs down.
If you have any soup left, why not freeze it!

Thank you to team member Astrid from
Harrison Primary School.

METHOD

1. Put oil in large pan and fry the onion. Add carrots and butternut squash. Cook for a 2 minutes.
2. Add the cumin, paprika, turmeric, pepper and stir.
3. Add vegetable stock and lentils and bring to boil.
4. Reduce the heat and add coconut milk.
5. Simmer for 20 minutes.
6. Check the vegetables have softened, season with salt and pepper to taste.
7. Use a hand blender or food processor to get the soup to a smooth consistency.

Serving Suggestion - serve with a little fresh coriander, some roasted pumpkin seeds and top with a drizzle of coconut milk.