

Roasted Sweet Potato & Butternut Squash Soup

8 portions

INGREDIENTS

30ml vegetable oil
750g butternut squash
750g sweet potato
350g onion, diced
2 garlic cloves, crushed
1000 ml vegetable stock
Salt and pepper for seasoning



Why not add a teaspoon of curry powder to give it a kick!

METHOD

1. Preheat the oven to 200°C/gas mark 6.
2. Cut the butternut squash lengthways, remove the seeds and cut into 2-3 inch chunks.
3. Wash the sweet potato and cut into 2-3 inch pieces.
4. Place the butternut squash and the sweet potato on a baking tray, lightly coated with oil. Roast in oven for one hour and set aside.
5. In a large saucepan, heat the oil and add the onion and garlic until soft.
6. Add the roasted butternut squash and sweet potato, vegetable stock and seasoning.
7. Bring to the boil and simmer for 2-3 minutes.
8. Blend with a hand blender carefully as soup will be hot.

Serving Suggestion - serve with a little fresh parsley, some roasted pumpkin seeds and a spoonful of crème fraiche.