

# Butternut squash soup

This soup is bursting with flavour from the herbs, spices and stock cube, which reduces the need to add salt. The onion and squash counts towards your 5 A Day.



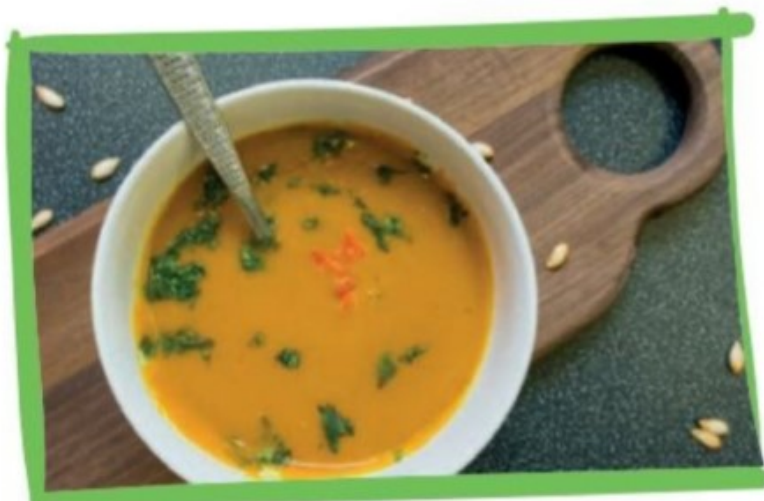
PREP & COOK  
TIME



SERVES



SUITABLE FOR  
VEGETARIANS



## What you need

- 1 tablespoon vegetable oil
- 1 onion, chopped
- 1 butternut squash, roughly chopped
- 1 garlic clove, chopped
- 1 teaspoon ginger powder
- 1 tablespoon curry powder
- 1 teaspoon turmeric powder
- 1 reduced salt stock cube
- 400g tin of low fat coconut milk
- 2 tablespoon fresh coriander, roughly chopped

## Method

1. Heat the vegetable oil in a saucepan. Add onion, butternut squash, garlic and ginger powder. Fry for 5 minutes.
2. Stir in curry powder and turmeric powder and fry for another minute.
3. In a jug, dissolve the reduced salt stock cube in 500ml boiling water and add to the pan.
4. Add low fat coconut milk and bring to the boil. Then turn the heat to low and simmer for 15-20 minutes or until the squash is soft.
5. Blend until smooth and top with fresh coriander.