

Butternut Squash Soup

Ingredients

- 700g Butternut Squash (1 typical size)
- 100g Diced Onion
- 250g Carrot
- 100g Diced Potato (1 medium)
- 2 small sprigs of fresh rosemary from the garden, or 1 teaspoon of dried rosemary
- 1 Knorr Vegetable Stock Cube
- Splash of extra virgin olive oil
- 1 litre of cold water
- Salt & Pepper

Options

- Add a few chilli flakes
- Add a clove of diced garlic for extra flavour

Equipment

- Sharp Knife
- Potato Peeler
- Large Saucepan
- Baking Tray
- Spatula

Preparation

- Get all your ingredients to hand
- Prepare and Roast the Butternut Squash (*See Techniques for details*)
- Peel and dice the carrot
- Peel and dice the potato
- Dice the onion, but it is much easier to use frozen diced onion

You can be a bit rustic with the chopping and dicing as this is going to be blitzed anyway.

Be sure to wash the potato thoroughly to reduce the starch and scum in the soup!

Method

Roast the Butternut Squash.

Once the squash is roasted, remove the rosemary sprigs and scoop out the squash to add to the saucepan.

Pop the vegetables in the saucepan and barely cover them with water.

Add the stock cube.

Bring to the boil and simmer until the vegetables are soft – around 20 minutes.

Keep an eye on this, and gently stir from time to time.

One litre of water might not be enough, but it is easier to add more than it is to boil off the excess!

Using a hand- blender, blitz everything to a perfect smooth consistency.

Taste and season with more herbs, salt or pepper if required.

Notes

Vegetable stock cubes are not as salty as the ham or beef cubes so you might want to add a touch of salt.



Portions

| | |
|--------------------|---------------|
| Number of portions | 6 - 7 |
| Final Portion Size | 200g |
| Storage Container | Large Plastic |

Storage

Serve fresh but also ideal for freezing in large plastic containers.

Allow to cool before freezing

Heating & Serving

Heating instructions from chilled are a guide only.



4 min

10 min

If reheating from frozen, increase heating times.

Preferably defrosted overnight before heating.

If you heat on the stove top, be sure to defrost first, or stick in the microwave for a few minutes to start the defrost.

You can add extra milk or water if you think the soup is too thick.

Be sure the soup is piping hot throughout before serving.

Serve in a soup bowl or mug with crusty bread.

**Once defrosted, consume within 24 hours.
Do not refreeze.**

Techniques & Principles

Some of the basic techniques and principles are detailed elsewhere as, once you know them, you will have little need to refer back to them.

It reduces the clutter in the recipe sheet!

- Dicing and Slicing Onions
- Dicing and Slicing Potatoes
- Dicing and Slicing Carrot

Roasting Butternut Squash

Full details are available in the Techniques section.

It is much easier to roast the squash rather than try to peel and dice. It also gives a much nicer flavour to the soup.

- Pre-heat the oven to 180°
- Cut the squash in half
- Scoop out the seeds and membrane
- Put the squash, face up, on the baking tray
- Brush the olive oil over the exposed surface
- Place a sprig of rosemary in the bowl of each half
- Pop in the oven for 1 hour

They are easy to scoop out with a spoon but take care not to catch any skin as it is paper thin and easy to tear.

If the flesh of the squash is not totally soft, that's not a problem as it will still be getting 30 minutes of simmer with the rest of the ingredients.

