

## **Soup: butternut squash**

### **Ingredients**

- Cumin seeds
- Oil – olive or groundnut
- Red onion – chopped
- 3 large cloves garlic (or to taste)
- One large butternut squash (or any squash you fancy) peeled, de-seeded and chopped
- 3 large Maris piper potatoes – chopped
- One green or red chilli
- Veg or chicken stock
- Salt pepper

Dry fry teaspoon cumin seeds in large pan  
When seeds start browning add oil  
Add chopped red onion  
Add garlic  
Fry a little to start to brown onions

Add chopped green or red chilli  
Fry for a few minutes

Add chopped butternut squash  
Fry a little to start to brown/ colour

Chopped potatoes  
Fry a little to start to brown/ colour

Add enough veg or chicken stock to cover all veg in the pan  
Add salt and pepper

Simmer for 30 - 40 minutes till veg cooked/ soft

Pour into blender or food processor and blend till smooth  
Serve with dollop of crème fraiche on top and chopped coriander and a splash of lime flavoured oil (if you have it)

Enjoy!