



bit spicy

Spicy butternut squash & coconut soup

This spicy butternut squash & coconut soup is a true winter warmer! Use as spicy a blend as you like to pep up the flavours - or leave it plain, it's up to you! As vegetables come in random sizes the liquid may need to be increased to get your perfect consistency. **serves 4**

- 1 butternut squash
- 1 large red pepper
- 3 medium carrots
- 1 medium onion, peeled
- 3-4 cloves garlic, peeled
- 900ml vegetable stock
- 1 tsp (or more) curry powder/garam masala (optional)
- half a block coconut cream, or a can coconut milk

1. Heat the oil in a large pan and gently fry the spices, if using.
2. Roughly chop the vegetables and place in the pan. Add the stock and bring to the boil, allowing to simmer for 40 minutes.
3. Let the soup cool briefly, then blend. You might want it completely smooth, you might want it lumpy.
4. Add the coconut block or milk and heat gently, stirring, until it is amalgamated.
5. Stir in some fresh coriander or parsley, and serve with bread and maybe a spoonful of yoghurt stirred in.