

Spicy butternut squash soup

You can add whatever spices you fancy to this soup – it works nicely with ginger too. It's also great with some soup pasta thrown in to make it more of a meal. Add a swirl of cream and some chopped parsley to make it look a little more special if serving at a dinner party.

Method

Pre-heat the oven to 180 °C.

Peel the squash, cut it into 1-inch chunks and place the chunks in an ovenproof dish. Drizzle with a little olive oil, then add the chilli flakes and cumin seeds (whole spices are better than powdered spices as they tend to clump together in the oil). You could also use a whole fresh chilli in place of the chilli flakes. Roast the squash for 25-30 minutes until almost tender.

Meanwhile, dice the onion and soften in a large saucepan in a little olive oil until translucent. Pour the stock into the pan and simmer gently.

When the squash is almost tender, remove it from the oven and add it to the stock. Simmer for a further 5 minutes until completely tender.

Pour all the ingredients into a blender and blend until thick and smooth. Depending on the size of your squash, you may need to add a little more liquid. Season and serve immediately.

Shopping list (for 4 servings)

1 Medium-sized butternut squash

1 Onion

$\frac{3}{4}$ tsp. Dried chilli flakes

$\frac{1}{2}$ tsp. Cumin seeds

1 litre Vegetable stock

Olive oil

Salt and pepper



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One in a series of recipes contributed by our volunteers

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