

Roasted Red Pepper & Butternut Squash Soup

A 'souper' easy way of packing loads of vegetables, texture and flavour into a mid-week family dish. The secret to the depth of flavour is in the roasting. Serves 6.

Ingredients

- 500g butternut squash
- 2 large carrots
- 2 large red peppers
- 1 leek
- 1 large brown onion
- 8 sage leaves
- 5 cloves garlic
- 2 tbsp olive oil
- 1 tsp smoked paprika
- 1 tsp salt
- ¼ tsp crushed chilli flakes
- Good grinding black pepper
- 500ml vegetable stock
- 1 x 400ml can coconut milk
- 110g frozen sweetcorn



Method

- Preheat oven to 200°C.
- De-seed the butternut squash. There's no need to peel it! Then cut into 2cm cubes.
- Wash the carrots then cut into 1cm coins.
- De-seed the peppers and cut into quarters.
- Peel and roughly dice the onion.
- Trim the leek then chop into rough dice.
- Peel the garlic.
- Line a baking sheet with parchment and arrange all the prepared vegetables and the sage in a single layer.

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Method (continued)

- Drizzle with oil, and sprinkle on the paprika, salt, chilli flakes and a good grinding of black pepper. Stir everything to ensure the vegetables are well coated.
- Roast in the oven for around 40 minutes until the vegetables are all tender. Stir them at least once during the cooking time.
- Remove from the oven and place into a medium saucepan together with the stock and coconut milk.
- Using a stick blender, puree the mixture until thick and creamy.
- Add in the sweetcorn kernels and then bring up to the boil. Simmer for 15-20 minutes, stirring regularly, ensuring the soup doesn't stick to the bottom of the pan.
- Adjust the seasoning with more salt, pepper, chilli flakes to taste.
- Serve piping hot.

