

Healthy Eating in January

Butternut squash soup with chilli & crème fraîche

Come in from the cold to a warming bowlful of winter soup



Ingredients

- 1 butternut squash, about 1kg, peeled and deseeded
- 2 tbsp olive oil
- 1 tbsp butter
- 2 onions, diced
- 1 garlic clove, thinly sliced
- 2 mild red chilli, deseeded and finely chopped
- 850ml hot vegetable stock
- 4 tbsp crème fraîche, plus more to serve

Prep: 15 mins Cook: 30 mins Serves: 4

Method

- 1 Heat oven to 200C/180C fan/gas 6. Cut the squash into large cubes, about 4cm/1½in across, then toss in a large roasting tin with half the olive oil. Roast for 30 mins, turning once during cooking, until golden and soft.
- 2 While the squash cooks, melt the butter with the remaining oil in a large saucepan, then add the onions, garlic and ¾ of the chilli. Cover and cook on a very low heat for 15-20 mins until the onions are completely soft.
- 3 Tip the squash into the pan, add the stock and the crème fraîche, then whizz with a stick blender until smooth. For a really silky soup, put the soup into a liquidiser and blitz it in batches. Return to the pan, gently reheat, then season to taste. Serve the soup in bowls with swirls of crème fraîche and a scattering of the remaining chopped chilli.