FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Roasted Winter Vegetable Squash Soup

Serves	Prep Time	Cooking	Total Time	Calories
6 people	**10 minutes**	**40 minutes**	**50 minutes**	**170 kcal**

Stuff that's in it:

• 2 Medium Butternut Squash (Top Sliced Off, Sliced In Half, Scored, Seeds Removed)

• 1 Red Pepper (Quartered)

• 1 Celeriac (Peeled, Chopped Into Chunks)

• 1 Large Carrot (Peeled, Sliced In Half)

• 2 Whole Bulbs Garlic (Top Sliced Off To Expose Cloves)

• 2 Medium Red Onions (Peeled And Halved)

• 8 Cherry Tomatoes

• 2 Tsp Sweet Paprika

• Salt And Pepper To Taste

• Olive Oil To Coat Veggies, Reserve A Little After Roasting Veg

• 125Ml Chicken Stock

• 1 Can Coconut Milk (Light)

• Handful Fresh Parsely (To Garnish)

• 1/2 Fresh Chilli (To Garnish/Taste)

What you do:

Pre heat your oven to 190c (fan)

Place your butternut squash in a large baking tray then fill with the chopped celeriac , red peppers , carrots garlic bulbs and then add the red onion halves insist each of the squash cavity. Place the tomatoes on top , sprinkle with paprika , salt and pepper then drizzle generously with oil and coat all over, bake for around 40-45 minutes , until golden. Reserve some of the roasted oil.

Cool slightly , use a spoon to scoop out the butternut squash from the skin, squeeze the garlic from the shell , it should come out like toothpaste if you squeeze it from the base, then Blitz the veggies in a food processor, pour into a pan, add the coconut milk, stock , heat through and stir.

Cool slightly , Pour back into a blender or use a Stick blender to puree into a smooth soup, add parsley , oil from the roasted tray and fresh chilli to serve in a bowl.

Nutrition

• Carbs: 16g

• Fat: 9g

• Protein: 3g

• Fibre: 5g

• Saturated Fat: 4g

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