



Butternut squash and lentil soup

Servings: 6 adults
Prep time: 10 minutes
Cooking time: 25-30 minutes

Ingredients

- 2 tablespoons olive/rapeseed oil
- 1 onion, chopped
- 2 garlic cloves, chopped
- 275g dried red lentils, rinsed well
- 700g fresh/frozen butternut squash (or pumpkin)
- 700g fresh/frozen cauliflower
- 1500ml water
- 1 vegetable stock cube
- 200ml reduced fat coconut milk
- Juice of half a lemon
- Salt and pepper

Nutritional Analysis

The recipe	Per 100g	Per serving
Fat	2.4g	8.2g
of which saturates	0.9g	3g
Carbohydrates	13g	44g
of which sugars	4.6g	16g
Fibre	2.1g	7.4g
Protein	4.6g	16g
Salt	0.08g	0.27g

How to make it

1. Heat the oil in a large saucepan. Add the onion and garlic and fry until soft.
2. Add the lentils, all the vegetables, water and stock cube. Cook until the vegetables are soft.
3. Remove from the heat and blend or mash until smooth.
4. Add the coconut milk, lemon juice, salt and pepper.

Allergy Aware

- Gluten, celery, mustard, sulphites (stock cube) - check label on packaging.

Safety First

- Be cautious when using a hand blender.

About the Recipe

- Double the quantities and freeze the leftover soup for later use.
- Using frozen vegetables will save you time and effort as they do not require peeling or chopping.

