

Butternut Squash and Sweet Potato Soup

Serves 6 - 8

- 1 butternut squash
- 1 sweet potato
- 1 tablespoon sunflower oil
- 1 onion
- 3 cloves garlic
- ½ teaspoon thyme leaves
- 4 teaspoons vegetable bouillon powder
- White pepper, to taste



1. Peel and chop the onion.
2. Heat 1 tablespoon sunflower oil in a large saucepan on a medium heat. Add the onion and stir. Place on the lid and turn down to a low heat.
3. Carefully cut the ends off the butternut squash then cut it in half.
4. Stand half a squash on the chopping board, slice off the skin with a sharp knife. Do the same with the other half.
5. Cut the squash in half and scoop out the seeds with a spoon.
6. Cut into a small dice.
7. Peel and dice the sweet potato.
8. Peel and crush the garlic and stir into the onion with the thyme. Stir for 30 seconds.
9. Stir in the diced squash and sweet potato. Turn up to a medium heat, place on the lid and allow to cook without colouring for 10 minutes, stirring occasionally.
10. Pour in 500ml water and the vegetable bouillon powder. Bring to the boil then turn down to a simmer for 10 minutes.
11. Once the squash and sweet potato are soft, add another 500ml water. Bring to the boil. Simmer for 5 minutes.
12. Turn off the heat. Use a stick blender to liquidise until smooth.
13. Stir in ½ teaspoon white pepper. Check seasoning and serve.