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BUTTERNUT SQUASH AND THYME SOUP

Butternut squash, as its name suggests, has a sweet rich buttery flavour which is ideal for a thick creamy soup. If you wish, you can keep the soup chunky by liquidising for a shorter time

Serves 4

Per serving: 129 calories, 1g fat

Prep time: 20 minutes

Cook time: 30 minutes

INGREDIENTS

1kg (2lb) butternut squash
3 celery sticks, sliced
2 medium onions, chopped
1 garlic clove, crushed or ½ teaspoon Easy Garlic
2 teaspoons chopped fresh thyme
(Remove the small leaves from the stalks of the thyme with a knife or by hand - lemon thyme works really well with this recipe)
1 litre (2 pints) vegetable stock or add a vegetable stock pot
2 bay leaves
Rapeseed oil Frylight spray
Freshly ground black pepper
2 tablespoons live natural yogurt and a few chopped chives to garnish

METHOD

1. Cut the squash in half lengthways using a large chopping knife. Remove the seeds and discard. Peel away the thick skin using a peeler or small knife.
2. Chop the flesh into small pieces. Place in a large pan sprayed with rapeseed oil Frylight with the celery, onions and garlic and dry-fry on a low heat for 2 - 3 minutes.
3. Add the thyme, stock and bay leaves and simmer gently until the vegetables are soft.
4. Remove the bay leaves. Place the soup in a blender and liquidise until smooth.
5. Return the soup to the pan and adjust the consistency with a little extra stock if required and reheat. Season with freshly ground black pepper.
6. Just before serving, remove from the heat and stir in the plain yogurt, reserving a little for the garnish.
7. Pour into individual warm serving bowls and add a swirl of yogurt in the centre and sprinkle with chopped chives.

