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SPICY BUTTERNUT SQUASH SOUP (V)

This spicy, curried version of this favourite soup is deliciously smooth with a real kick in the flavour.

Serves 4

Per serving: 77 Calories, 0.5% fat

Prep time: 20 mins

Cook Time: 30 mins

METHOD

1. Preheat a large non-stick frying pan and spray with Fry-Light Rapeseed Oil.
2. Cut the squash in half lengthways and remove the seeds with a spoon and discard. Using a sharp vegetable knife, peel away the thick skin and cut the flesh into chunks.
3. Place the squash and the other vegetables in the hot pan and dry-fry for 4-5 minutes, until they soften and start to colour.
4. Stir in the curry powder and cook out for 1 minute keeping the mixture moving to prevent it catching on the bottom of the pan. Add freshly ground black pepper.
5. If you have a soup-maker, place the semi-cooked vegetables, the bay leaves and the stock all in together and cook for 20 minutes. Alternatively, place all the vegetables in a large saucepan and pour in the vegetable stock, stirring continuously, then add the bay leaves (if using) and bring to the boil. Reduce the heat to a simmer and cook for 20 minutes.
6. Allow to cool slightly then remove the bay leaves. If using a soup-maker, pulse for 30 seconds, rest and repeat. Alternatively, place mixture in a liquidiser and liquidise until smooth.
7. Check the seasoning and add more freshly ground black pepper if needed.
8. Serve with a swirl of Greek yogurt if desired.

INGREDIENTS

1 small butternut squash
115g fresh young carrots, washed and sliced
2 medium onions, chopped
1-2 tsps medium curry powder (eg tandoori mix)
1.2 litres (2 pints) vegetable stock
2 bay leaves (optional)
Freshly ground black pepper, to taste

For serving:

1 tbsp 0% fat Greek yogurt or sprinkle with chopped parsley

