

SPICED BUTTERNUT SOUP



Ingredients

1 butternut squash
2Tbs olive oil – plus more for drizzling over the squash
2 sticks of cinnamon | 1 tsp cloves | 1 medium onion – finely chopped
2 sticks celery – trimmed and chopped
500g sweet potato, peeled and diced
600ml boiling water | 2.5 ml nutmeg, ground | 2.5 ml cinnamon
2.5 ml allspice | 2.5 ml ground ginger | 2 tbsp. thyme
1 tbsp. parsley, finely chopped | 1 pinch salt and milled pepper

Method

Preheat oven to 180°C. Slice the butternut squash in half, scoop out and discard the seeds and put both halves on a baking tray. Drizzle with a little olive oil and lay the cinnamon sticks and cloves in the hollow of each half of squash. Bake for 45 minutes. Cool slightly, discard the cinnamon and cloves, then peel the outer skin & chop the flesh into cubes. In a large saucepan, sauté the onion and celery the oil for about 5 minutes until tender. Add the sweet potato, butternut, herbs and spices, and water. Allow to simmer for 20-30 mins or until the vegetables are soft. Cool slightly, ladle it into a blender (or use a handheld blender) and puree until smooth. Return puree to the stove over a medium heat. Season with salt a pepper to taste. Remove from heat and serve.