

Butternut squash, turmeric and Brazil nut soup

Prep: 10 minutes

Cook: 40 minutes

Serves: 4

Ingredients:

- 1 medium onion, finely chopped
- 2 tbsp olive oil
- Garlic (1x clove)
- Finely chopped 1 butternut squash (medium sized - peeled, seeded and cubed)
- 1 tsp ground turmeric (optional)
- 800ml vegetable stock
- Lightly toasted Brazil nuts (crushed)

Method

1. Saute the onion in the oil in a nonstick frying pan for about 8 minutes over a medium heat, stirring occasionally, until transparent.
2. Add the garlic and stir for a minute or two.
3. Add the butternut squash cubes to the frying pan with the turmeric and saute for a further 5 minutes.
4. Add the stock and simmer for 25-30 minutes or until the squash is tender.
5. Allow to cool a little then puree with a blender.
6. Reheat and sprinkle the soup with the crushed Brazil nuts before serving.