

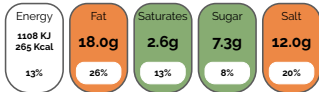


Butternut Squash &
Cannellini Bean Soup with
Parsley & Chilli Relish

WAYS  WELL

Butternut Squash & Cannellini Bean Soup with Parsley & Chilli Relish

Serves 4 | Vegetarian | 2 of 5-a-day



Per average serving of an adult's Reference Intake
(84000 KJ / 2000 Kcal)
Typical values per 100g: Energy 280 KJ / 67 Kcal

INGREDIENTS:

Soup:

30ml olive oil
120g onions, finely chopped
50g carrots, peeled and finely chopped
50g celery, finely chopped
1 clove of garlic, crushed

2 sprigs of thyme, picked
300g butternut squash, peeled and diced into 1cm cubes
1l vegetable stock
1 pinch of salt
1 x 400g can cannellini beans, drained

Relish:

60g red chilli, roasted, peeled, seeded and roughly chopped
20ml olive oil
20g pumpkin seeds, toasted and roughly chopped
15g parsley, finely chopped
½ clove garlic, crushed
A pinch of salt
½ lemon, zest and juice
1 tsp honey
1 tsp pomegranate molasses

METHOD:

1. Heat the olive oil and add the onions, carrots, celery, thyme and garlic and cook over a gentle heat until till sweet and soft, approximately 10 minutes.
2. Add the butternut squash, vegetable stock and simmer for 30 minutes until the butternut is tender.
3. Remove half the soup from the pot and puree till smooth with a hand blender or liquidiser.
4. Return the pureed soup to the pan adding the cannellini beans and correct the seasoning if needed.
5. Heat and serve with the parsley, pumpkin seed and chilli relish.
6. To make the relish; mix all the ingredients together until well combined.