



Butternut Squash, Apple & Lentil Soup With Maple Seeds



WAYS  WELL

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SERVES 5



Per average serving

Of an adult's Reference Intake (84000KJ / 2000Kcal)
Typical values per 100g: Energy 724KJ/173KCal

INGREDIENTS:

500g Butternut Squash
225g Apple Mixed Pack
80g White Onion
2 Garlic Cloves
5g Ginger
150g Red Lentils
65g Celery

15ml Rapeseed Oil
Cooking Salt
Ground White Pepper
2g Ground Coriander
2g Ground Cumin
1250ml Water
40g Pumpkin Seeds

5ml Maple Syrup
Sea Salt

METHOD:

1. Peel and dice the butternut squash and apple 1 cm dice. Peel and finely dice the onions, celery, garlic and ginger. Wash the red lentils.
2. Heat the oil in a large pot over medium heat. Add the onion, celery, garlic and ginger. Cook, stirring occasionally for 5 minutes or until the onion is soft and a light brown in colour. Add the cumin and coriander.
3. Next add the squash and apples to the pot. Sauté for a minute or two. Mix in the lentils and pour in the water. Bring mixture to a boil, season and taste.
4. Reduce heat to low, cover, and simmer for 25-30 minutes, or until the lentils have melted into the soup and the squash and apples are tender. Remove half the mix and puree. Add the puree back into the soup.
5. Taste the soup and adjust seasoning if needed.

For The Maple Seeds:

1. Preheat an oven to 200°C. Mix the seeds, maple syrup and salt together. Scatter onto a baking tray and bake 8-10 minutes. Until golden. Remove and allow to cool.
2. Serve the soup with a topping of the maple seeds.

