ALISON'S THAI BUTTERNUT SQUASH & SWEET POTATO SOUP

Alison is not just mum to our RHS Young Ambassador George, she also runs a community group in Greater Manchester called Operation Farm, which provides people of all ages and abilities the chance to grow and cook delicious food.

Roasting the squash and potato adds extra flavour but if you don't have an oven available, you can add them in raw and simmer the soup for longer until tender. This recipe is vegan and gluten free!

SERVES 4   **PREP** 15 mins   **COOK** 45 mins

EQUIPMENT
Large knife / chopping board / roasting tray / large pan / wooden spoon / blender or hand blender

INGREDIENTS

1 medium butternut squash, peeled and chopped
2 sweet potatoes, peeled and chopped
2 tbsp oil
1 large onion, peeled and chopped
2 cloves garlic, finely chopped
1 thumb size piece of ginger, grated
or finely chopped
2 mild red chillies, finely chopped
700ml vegetable stock
Salt & pepper
400ml (1 tin) coconut milk
½ bunch coriander, roughly chopped

METHOD

1. Heat the oven to 180C/350F/gas mark 4
2. Put the chopped butternut squash and sweet potatoes onto a roasting tray, drizzle with half of the oil and roast in the oven for 30 minutes
3. In a large saucepan, fry the onion in the rest of the oil for 5 minutes
4. Add the ginger, garlic and chilli and continue to fry on a low heat for about 5 minutes
5. Add the roasted squash and sweet potato followed by the stock and seasoning
6. Bring to the boil, turn down the heat and simmer for 10 minutes
7. Add the coconut milk and bring back to a simmer for 5 minutes
8. When ready, puree the soup using a blending stick or in a blender until smooth
9. Garnish with fresh coriander and enjoy!

Got a brilliant soup recipe that is soup-er tasty? **Share it with us! #bigsoupshare**