

Purple Carrot Cook

COCONUT & BUTTERNUT SQUASH SOUP

SERVES 6 / PREPARE 20 MINS / COOK 45 MINS

Ingredients

1	Butternut Squash (500g)	Pinch	Salt & pepper
200g	Red Lentils	Handful	Pumpkin seeds
200ml	Coconut milk	2 tbsp	Rapeseed oil
1	Pinch red chilli powder	2cm	Piece of fresh
1	Red onion	ginger	
650ml	Vegetable or Chicken Stock		

Instructions

Pre-heat the oven to 180C fan. Line a baking tray with baking parchment. Wash the squash and quarter it lengthwise. Remove the seeds and discard.

Arrange the squash quarters on the prepared tray and drizzle with a tablespoon of rapeseed oil. Bake for 45min-1hour or until soft enough that you can insert a fork with no effort. You can bake the squash well ahead and keep in the fridge for up to 3 days until you are ready to make the soup.

About 15 minutes before the squash is ready, finely chop the onion, ginger and chilli and fry very gently in the remaining rapeseed oil for 5 minutes until nice and soft. Add the stock and bring to the boil, then add the red lentils and cook until tender (approx. 15 min).

Pour the stock with the cooked lentils and coconut milk into the bowl of a food processor. Add the squash, onion and chilli and blitz until smooth. You can also use a stick blender.

Lightly toast the pumpkin seeds in a dry pan under a very low heat. They are done once they start popping but watch them closely as they burn very easily.

Season to taste and serve in deep bowls with the pumpkin seeds.



Nutrifacts



Butternut Squash contains VITAMIN C that supports the immune system, β CAROTENE a powerful antioxidant and POTASSIUM to help maintain healthy blood pressure.

Our bodies can produce VITAMIN A from β CAROTENE to support vision.

Plant protein such as that in red lentils has been found by research to reduce levels of cholesterol as compounds known as sterols bind to cholesterol and prevent it from being absorbed by the body.

The **carbohydrates** in beans and pulses are complex, which are released slowly and help keep out energy levels that promotes normal growth and VITAMIN B12 that supports red blood cell health.

Onions contain FIBRE to help intestinal transit and PREBIOTICS which feed the beneficial bacterial in your gut.

Coconut is high in saturated fat; however, it contains high levels of LAURIC ACID, a saturated fat that research shows it increases your good CHOLESTEROL. However, as it does contain other.

Pumpkin Seeds are high in FIBRE, PROTEIN and ESSENTIAL FATS. They also contain good levels of iron, magnesium and phosphorus.