







## Butternut and Orange Soup

### Spiced Butternut and Orange Soup

|   |  |
|---|--|
|  Prep Time ~ 15min |  Cooking Time ~ 40min |
|  Approx Cost ~£?   |  Difficulty ~Easy     |
|  Freeze ~Yes       |  Serves ~4-6          |

Tip ~The soup can also be frozen at stage 7, then defrosted and follow stage 8 to serve.

### Ingredients

2 medium carrots, approx. 275g / 10oz, roughly chopped

700g / 1 ½ lb butternut squash, peeled, de-seeded and chopped

2 large leeks, approx. 225g / 8oz roughly chopped

1 large onion, chopped

1.5 litres / 2 pints 10floz hot vegetable stock

2 bay leaves

1 tablespoon mild curry paste

Grated zest and juice of 1 large orange

6 tablespoons half fat creme fraiche and a handful of basil leaves to garnish

### Method

1. Preheat the oven to 170C / 150C Fan oven / Gas mark 3.
2. Put the carrots, butternut squash, leek, onion, stock, bay leaves, curry paste, orange zest and juice in a large flameproof casserole
3. Season and stir together, then put on a low to medium heat and bring the soup to a gentle simmer.
4. Cover the casserole, and simmer for 35 - 45 minutes until the vegetables are tender.
5. Discard the bay leaves.
6. Using a hand held blender, blend the soup until smooth.
7. At this point you can cool the soup quickly and pour into a plastic container, cover a chill for up to 3 days.
8. To serve reheat gently, serve in bowls garnished with a spoonful of creme fraiche swirled on top and garnished with basil leaves.