

Butternut Squash Soup

Ingredients

1 butternut squash, about 1kg, peeled and deseeded

2 tbsp olive oil

1 tbsp butter

2 onions, diced

1 garlic clove, thinly sliced

2 mild red chillies, deseeded and finely chopped

850ml hot vegetable stock

4 tbsp crème fraîche, plus more to serve

Method

STEP 1

Heat oven to 200C/180C fan/gas 6.

STEP 2

[Cut](#) 1 peeled and deseeded butternut squash into large cubes, about 4cm/1½in across, then toss in a [large roasting tin](#) with 1 tbsp of the olive oil.

STEP 3

Roast for 30 mins, turning once during cooking, until golden and soft.

STEP 4

While the butternut squash cooks, melt 1 tbsp butter with the remaining 1 tbsp olive oil in a [large saucepan](#), then add 2 diced onions, 1 thinly sliced garlic clove and ¾ of the 2 deseeded and finely chopped red chillies.

STEP 5

Cover and cook on a very low heat for 15-20 mins until the onions are completely soft.

STEP 6

Tip the butternut squash into the pan, add 850ml hot vegetable stock and 4 tbsp crème fraîche, then whizz with a [stick blender](#) until smooth. For a really silky soup, put the soup into a [liquidiser](#) and blitz it in batches.

STEP 7

Serve the soup in bowls with swirls of crème fraîche and a scattering of the remaining chopped chilli.