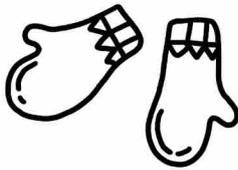
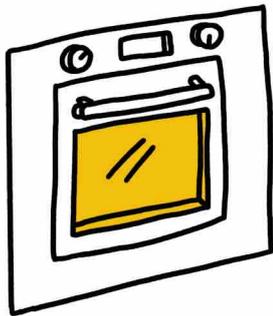


# Lina's Butternut Squash Soup

A yummy, warming soup, perfect for chilly days!

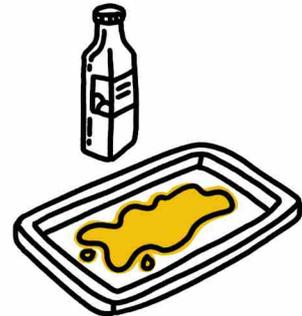
## Ingredients

- 2 x tbsp olive oil
- 2 x onions, chopped
- 1 x garlic clove, peeled and chopped
- 1 x large Butternut Squash
- A pinch - ¼ teaspoon chilli flakes  
(dependent on how much 'heat' you'd like)
- 1ltr x vegetable stock – fresh or use a stock cube
- 1 x pair rubber gloves! (\*Optional)

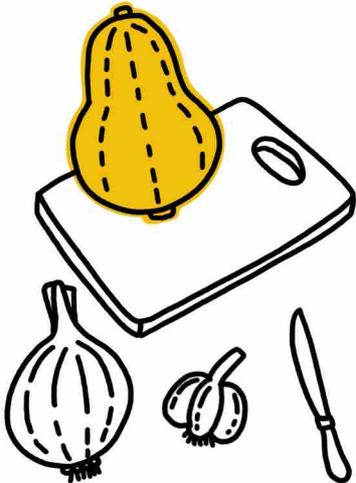


## Method

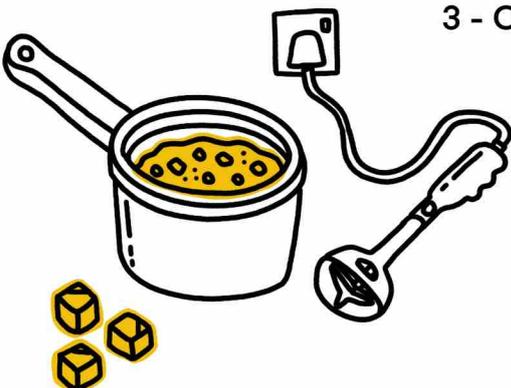
- 1 - Turn the oven to 200C (180C Fan/ Gas 6) and put in a roasting dish with the olive oil in to warm



- 2 - Peel the butternut squash. I like to wear rubber gloves\* for this, as the squash can leave a residue stain on your fingers! Once peeled, cut lengthways and remove the seeds and discard. Cut the butternut squash into chunks and put into the roasting tray with the chopped onions and garlic, sprinkle over the chilli flakes. Use a large spoon to gently mix together so that the warm oil coats everything. Cover with a lid or foil and cook for about 40 minutes until the squash is tender – Give everything a gentle stir part way through cooking.



- 3 - Once cooked remove from the oven and put into a large saucepan. Use a handheld blender until the contents are smooth. Add the vegetable stock, heat, stirring occasionally.



- 4 - Season to taste and enjoy with a wedge of bread!

