




ROAST BUTTERNUT SQUASH AND RED LENTIL SOUP



A warm, hearty soup that's easy to make, low in fat, high in fibre and satisfyingly filling.

-  Serves 4
-  Prep 10 minutes
-  Cook 40 minutes



Each 414g serving contains (excludes serving suggestion)

KCal	Carbs	Fibre	Protein	Fat	Saturates	Sugars	Salt	Fruit/Veg Portion
252	32.0g	6.4g	9.4g	8.3g	4.3g	10.5g	0.01g	3

Ingredients

1 butternut squash (approx 700g–1kg)

2 tsp sunflower oil

1 large onion, roughly chopped

1 carrot, roughly chopped

1 litre reduced salt vegetable stock cube

120g split red lentils

white pepper, to taste

4 tbsp half-fat creme fraiche

Fresh chives, chopped

Method

Step 1

Preheat the oven to 200°C/gas 7. Cut the butternut squash into quarters lengthways, scoop out the seeds, brush with a little of the oil and bake in the oven for 25 minutes.

Step 2

Meanwhile, add the onion and carrot to the pan with 1 tsp of the oil, cook gently for a few minutes, until the onion starts to brown.

Step 3

Now, pour the stock into the pan and add the lentils, stir together and simmer for around 15 minutes.

Step 4

Remove the butternut squash from the oven, scoop out the flesh and add to the soup.

Step 5

Simmer for a further 5 minutes, add a good pinch of pepper, then whizz with a stick blender or in a food processor until smooth.

Step 6

Serve with a swirl of half-fat crème fraiche and a few chopped chives.

Recipe tips

- ✓ This recipe is high in vitamin A, which helps your immune system function at its best.
- ✓ Stock cubes contain salt, so don't add any extra salt during cooking. When simmering the soup, you'll be reducing the water content and concentrating the salt content, so taste it once cooked and add salt only if needed.
- ✓ Freezing instructions: Freeze in portions then defrost in the fridge, or defrost in a microwave and reheat thoroughly until piping-hot.