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by Liz Robb

Red Thai Spiced Butternut Squash soup With Jasmine Rice

Ingredients

2 small butternut squashes, about 800g each.
Olive oil
1 onion
4 cloves of garlic
A small piece of ginger
2 red chillies
1 tablespoon of red Thai curry paste
2 teaspoons of ground coriander
1 teaspoon of ground cumin
A pinch of crushed chillies* optional
Salt and black pepper
500 ml of vegetable stock
400 ml of low fat coconut milk*
1 teaspoon of fish sauce
1 lime
1 teaspoon of brown sugar
A handful of peanuts
A few sprigs of fresh coriander
150-180g Jasmine rice

Servings
6
Person

Preparation

1. Preheat the oven to 200 degrees, or 180 degrees fan oven and warm 2 tablespoons of olive oil in a roasting tray. Peel the squashes and cut into cubes, toss in the oil and roast for 40 minutes until soft and beginning to brown.
2. Peel and finely slice the onion, peel and finely chop the garlic, peel and grate the ginger then deseed and finely chop 1 red chilli. Heat a tablespoon of olive oil in a pan and gently saute the onion for 2 minutes.
3. Add the garlic, ginger and chilli and saute gently for a further 2 minutes. Stir in the curry paste, ground coriander and cumin, and a pinch of chilli flakes, if using, and cook together for just 1 minute.
4. Add the roasted butternut squash and then stir in the hot vegetable stock and the coconut milk. Simmer gently for 10 minutes and season with salt and black pepper. Stir in the fish sauce, the juice of the lime and the brown sugar.
5. Meanwhile, cook the Jasmine rice; allow 25-30g dry weight per person.
6. Turn off the heat and blend the soup. Drain and thoroughly rinse the rice with boiled water and spoon into individual dishes. Ladle on the soup and garnish with a sprinkling of chopped peanuts and coriander, and a little finely chopped red chilli.

Cooks Note

This butternut squash soup, wonderfully warming with Thai style spices and flavours, makes a satisfying meat free meal when served over fluffy Jasmine rice.

* Do use full fat coconut milk if you prefer; using low fat just reduces the fat content whilst keeping the flavour.