



The Larder presents...

# SQUISH SQUASH SOUP



PREP: 10min  
COOK: 30min



SERVES: 4

## YOU WILL NEED:

### INGREDIENTS:

- 1 Tbsp Olive or Sunflower Oil
- 1 Butternut Squash (peeled and chopped into evenly sized slices)
- 1 Onion (peeled and chopped)
- 1-2 Garlic Clove (peeled and pressed or chopped finely)
- 2 Carrots (washed, peeled and chopped)
- 1 Celery Stick (washed and chopped)
- 1 Tsp Mixed Herbs
- $\frac{1}{4}$  -  $\frac{1}{2}$  Tsp Chilli Powder to your taste (optional)
- 1 Vegetable Stock Cube
- 3 Cups of Water/1 Pint/ 500ml (off the boil)

**\*Allergy Statement: "Recipe items may contain or come into contact with WHEAT, EGGS, PEANUTS, TREE NUTS, and MILK."**

## YOU WILL NEED:

### EQUIPMENT:

- Cup (for measuring)
- Tablespoon (Tbsp)
- Teaspoon (Tsp)
- Chopping Board
- Sharp Knife
- Vegetable Peeler
- Wooden Spoon
- Saucepan
- Hob

### REMEMBER:

**Always wash your hands thoroughly before touching and preparing ingredients.**

## METHOD:

1. **ALWAYS START BY - Washing your hands thoroughly**
2. **Gather together all the equipment and ingredients**
3. **Prepare ALL vegetables** (peel and slice/crush garlic; peel and slice the onion and butternut squash; wash, peel and chop the carrots; wash and slice the celery)
4. **Turn the hob to a medium heat** and place **saucepan over the hob**
5. **Pour 1 tablespoon of oil** into the **saucepan** and **heat the oil slowly**
6. **Add onion, garlic, butternut squash, carrots and celery to the hot oil in saucepan**  
(CAREFUL NOT TO SPLASH OIL)
7. **Gently fry the vegetable mix for 10 minutes** until **soft**
8. **Add 1 teaspoon of mixed herbs and/or a pinch of chilli powder (optional)** to the vegetable mix and **stir**
9. **Cook for 2 minutes**, stirring, then take off the heat
10. **Add 3 cups of water** (just off the boil) and **crumble** in the **stock cube**
11. **Place the saucepan back on the heat** and **bring to the boil**
12. **Turn the heat down** and **simmer gently for 15 minutes** (stirring occasionally)
13. **CHECK** the **vegetable pieces** are **soft** by piercing with a **knife**, **especially** the **butternut squash** as this takes the longest to cook
14. **Add salt and pepper to season** if you wish
15. **Once ALL the vegetables are cooked through**, the **soup** is **ready** to serve

## THE LARDER TOP TIPS:

- Serve with a swirl of crème fraiche or natural yogurt and chunks of bread
- For a smoother soup and/or hidden veggies (for those that need it!) you can puree by mashing with a potato masher or electric hand blender
- Using a whole butternut squash? Prep by cutting in half (lengthwise) and chop into slices. Place on a tray and try roasting (roughly 20 minutes in a heated oven 220C, fan 200, Gas 7). Once soft, scrape the flesh out of the skin and add flesh to the soup
- Why not swap the butternut squash for other squashes or pumpkins? Experiment!

## NUTRITION KNOW HOW:

- **Butternut Squash is a good source of Vitamin E**  
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