

Thai Curried Butternut Squash Soup

INGREDIENTS

15ml olive oil
2 pound butternut, peeled, seeded, and cut into ½-inch pieces
1 medium yellow onion, chopped
4 garlic cloves, pressed or chopped
30-45ml Thai red curry paste (add less if you do not like spice)
10ml ground coriander
5ml ground cumin
1ml teaspoon sea salt
15ml fresh lime juice
900 ml no-salt added vegetable broth (1 tetra pack container)

EQUIPMENT

Peeler
Paring knife
Chef's knife
Cutting board
Large stock pot
Meas. Spoons
Blender
Serving dishes
Ladle

INSTRUCTIONS

1. Heat oil in a large Dutch oven or heavy-bottomed pot over medium heat.
2. Once the oil is simmering, add squash, onion, garlic, curry paste, coriander, cumin, salt and red pepper flakes to skillet. Stir to combine.
3. Cook, stirring occasionally, until onion is translucent, about 8 to 10 minutes. Add broth.
4. Bring the mixture to a boil, then reduce heat and simmer until squash is soft, about 15 to 20 minutes.
5. Once the squash mixture is done cooking, taste and add a little more Thai red curry paste if it's not quite flavorful enough for you. Remove the soup from heat and let it cool slightly.
6. Working in batches, transfer the contents pan to a blender (do not fill your blender past the maximum fill line!). Securely fasten the lid and use a kitchen towel to protect your hand from steam escaping from the top of the blender as you purée the mixture until smooth.
7. Transfer puréed soup to a serving bowl and repeat with remaining batches. (Serves 4)