



# Butternut Squash Soup with warm bread

35 – 40 mins • Veggie • Eat me first • Spicy

14



Diced Butternut Squash



Potatoes



Lime



Red Thai Style Paste



Stock



Scallion



Coconut Milk



Garlic, Ginger & Lemongrass Paste



Ciabatta

Pantry Items: Flour, Sugar, Salt, Pepper, Oil, Water



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## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Baking sheet with baking paper

## Ingredients

	2P	4P
Diced Butternut Squash	300 g	600 g
Potatoes	600 g	1200 g
Lime	1 unit	2 units
Red Thai Style Paste	1 sachet	2 sachets
Stock	1 sachet	2 sachets
Scallion	2 units	4 units
Coconut Milk	1 pack	2 packs
Garlic, Ginger & Lemongrass Paste	1 sachet	2 sachets
Ciabatta	2 units	4 units

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>673.5 g</b>	<b>100 g</b>
Energy (kJ/kcal)	2569 kJ/ 614 kcal	381.4 kJ/ 91.2 kcal
Fat (g)	19.3 g	2.9 g
Sat. Fat (g)	15.2 g	2.3 g
Carbohydrate (g)	101.9 g	15.1 g
Sugars (g)	14.4 g	2.1 g
Protein (g)	14.1 g	2.1 g
Salt (g)	4.5 g	0.7 g

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients.  
Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

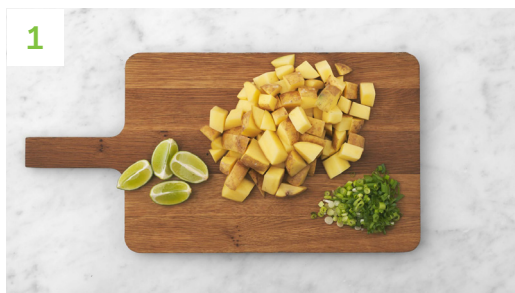
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## Get Prepped

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Chop the **potatoes** into 2cm chunks (peeling optional).
- Cut the **lime** into quarters.
- Trim and thinly slice the **scallion**.
- Stir the **coconut milk** (or shake the packet) to dissolve any lumps.



## Roast the Veg

- Pop the **butternut squash** and **potatoes** onto a large (lined) baking tray.
- Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer.
- When the oven is hot, roast on the top shelf until golden and cooked through, 20-30 mins. Turn the tray halfway through.

**TIP:** Use two baking trays if necessary.



## Start the Soup

- Meanwhile, place a large pot over medium-high heat with a drizzle of **oil**.
- Add the **lemongrass paste** and **red Thai paste**.
- Cook until fragrant, 1 min.



## Simmer the Soup

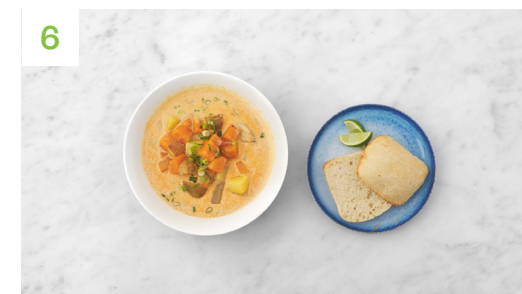
- Mix well 2 tsp **flour** (per 2P), ½ tsp **sugar** (per 2P) with 400ml **water** (per 2P), avoiding any lumps.
- Add the **coconut milk**, **stock** and **flour** to the pot.
- Bring to the boil, then lower the heat to medium and simmer until starting to thicken, 8-10 mins. Continue to stir occasionally.
- Taste and season with **salt** and **pepper**.

**TIP:** Loosen the soup with a splash of water if it becomes too thick.



## Warm the Ciabatta

- While the **soup** simmers, halve the **ciabatta** then pop into the oven to warm through, 2-3 mins.
- Once roasted, add the **butternut squash** and **potato** to the soup.
- Add a squeeze of **lime** juice, then taste and add more **salt**, **pepper** and **lime** juice if needed.



## Divide and Serve

- Share the soup between your bowls.
- Top with sliced **scallion**.
- Serve with the **ciabatta** and any remaining **lime** wedges alongside.

Enjoy!