



Butternut Squash Soup

with warm bread

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

24



Diced Butternut Squash



Potatoes



Lime



Red Thai Style Paste



Stock



Scallion



Coconut Milk



Ciabatta



Garlic

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



Rate your recipe!

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.

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

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
Ciabatta	2 units	4 units
Garlic	2 units	4 units

Nutrition

for uncooked ingredient	Per 100g
Energy (kJ/kcal)	383 kJ/ 91 kcal
Fat (g)	2.8 g
Sat. Fat (g)	2.2 g
Carbohydrate (g)	15.2 g
Sugars (g)	2.1 g
Protein (g)	2.1 g
Salt (g)	0.5 g

See site or app for detailed nutritional info.

Allergens

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

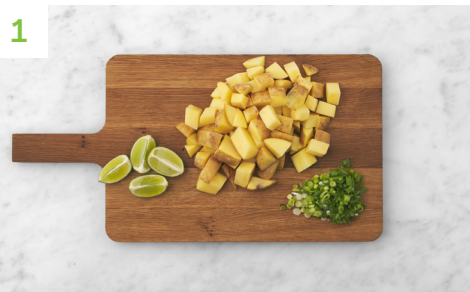
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Get Prepped

- 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. Peel and grate the **garlic** (or use a garlic press)
- Trim and thinly slice the **scallion**.
- Stir the **coconut milk** (or shake the packet) to dissolve any lumps.



Simmer the Soup

- In a bowl, make a paste by mixing 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** mixture 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.



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.



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.



Start the Soup

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



Divide and Serve

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

Enjoy!