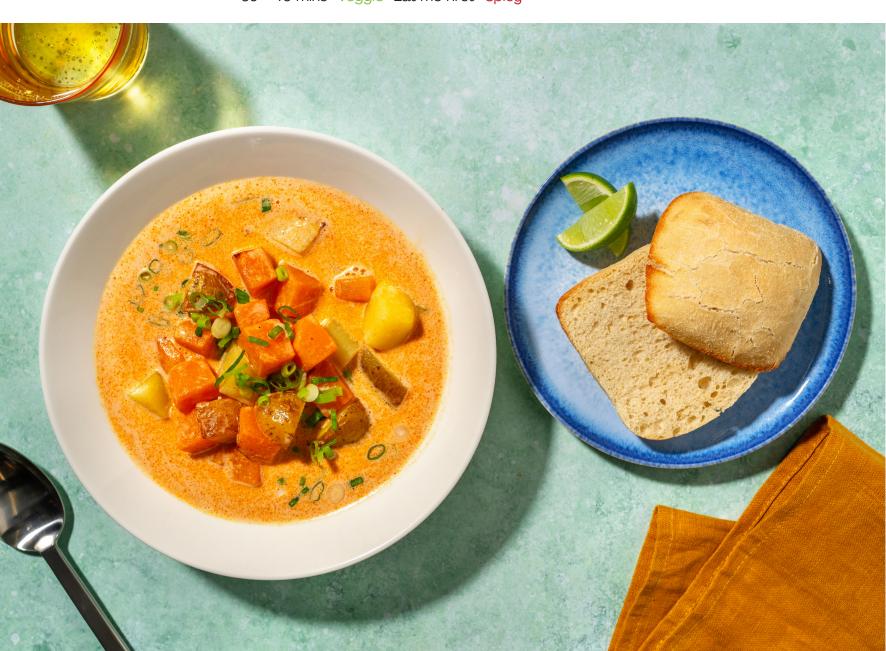


# Butternut Squash Soup

with warm bread

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











Diced Butternut Squash





Red Thai Style Paste











Coconut Milk





Thai Style Spice Mix

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



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2025-W08

## 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
Thai Style Spice Mix	1 sachet	2 sachets

#### **Nutrition**

for uncooked ingredient	Per 100 g
Energy (kJ/kcal)	386.1 kJ/ 92.3 kcal
Fat (g)	2.8 g
Sat. Fat (g)	2.2 g
Carbohydrate (g)	15.3 g
Sugars (g)	2.1 g
Protein (g)	2.1 g
Salt (g)	0.6 g

See site or app for detailed nutritional info.

### **Allergens**

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

#### Contact

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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.



# Roast the Veg

- Pop the **butternut squash** and **potatoes** onto a large (lined) baking tray.
- Drizzle with oil, season with Thai spice, 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 garlic and cook until fragrant, 1 min.



### 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.



#### 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 the red Thai paste and 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!