

# ROASTED BUTTERNUT SQUASH & CASHEW SOUP



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**Serves 4**

## NUTRITIONAL INFORMATION:

Gluten Free\*, Dairy Free, Vegan, Vegetarian

Kcal: **263**

Protein: **5g**

Carbohydrate: **36g**

Fat: **11g**



## INGREDIENTS

1kg	Butternut Squash, cubed
2 tbsp	Olive Oil
1 tbsp	Sage, chopped
1	Onion, chopped
1	Garlic Clove, crushed
1 tbsp	Mild Curry Powder
2 tbsp	Cashew Nuts
600ml	Vegetable Stock*
	Salt & Pepper to season

\*use gluten free if required

**COOKING TIME: 45 minutes**

## METHOD:

1. Preheat oven to 220c (200 fan), 425f, gas mark 7. Toss the butternut squash chunks in 1 tbsp of oil & the chopped sage. Roast for 18-20 minutes.
2. Heat a large saucepan over a medium heat. Add the remaining oil, onion, garlic & cook until softened. Stir in the curry powder. Continue to cook for a further minute.
3. Add the roasted squash, cashews & stock to the saucepan. Bring to the boil & then reduce to simmer for 3-4 minutes.
4. Blend the soup to smooth & season to own taste. Serve immediately.

[gymgair@outlook.com](mailto:gymgair@outlook.com)