

## Butternut squash soup with chilli & crème fraîche



Prep: 15 mins  
Cook: 50 mins



Easy



Serves 4



### Ingredients

1 butternut squash, about 1kg, peeled and deseeded

2 tbsp olive oil

1 tbsp butter

2 onions, diced

1 garlic clove, thinly sliced

2 mild red chillies, deseeded and finely chopped

850ml hot vegetable stock

4 tbsp crème fraîche, plus more to serve

### Method

**Step 1** Heat oven to 200C/180C fan/gas 6.

**Step 2** Cut 1 peeled and deseeded butternut squash into large cubes, about 4cm/1½in across, then toss in a large roasting tin with 1 tbsp of the olive oil.

**Step 3** Roast for 30 mins, turning once during cooking, until golden and soft.

**Step 4** While the butternut squash cooks, melt 1 tbsp butter with the remaining 1 tbsp olive oil in a large saucepan, then add 2 diced onions, 1 thinly sliced garlic clove and ¾ of the 2 deseeded and finely chopped red chillies.

**Step 5** Cover and cook on a very low heat for 15-20 mins until the onions are completely soft.

**Step 6** Tip the butternut squash into the pan, add 850ml hot vegetable stock and 4 tbsp crème fraîche, then whizz with a stick blender until smooth. For a really silky soup, put the soup into a liquidiser and blitz it in batches.

**Step 7** Return to the pan, gently reheat, then season to taste.

**Step 8** Serve the soup in bowls with swirls of crème fraîche and a scattering of the remaining chopped chilli.