

RECIPE

# Spiced lentil & butternut squash soup



Ready in **50 minutes**

Serves **4-6**

## Tags

Vegan, Gluten Free

## Tips

To freeze, leave to cool completely and transfer to large freezerproof bags.

## Ingredients

- 2 tbsp olive oil
- 2 onions, finely chopped
- 2 garlic cloves, crushed
- ¼ tsp hot chilli powder
- 1 tbsp ras el hanout
- 1 butternut squash, peeled and cut into 2cm pieces
- 100g red lentils
- 1l hot vegetable stock
- 1 small bunch coriander, leaves chopped, plus extra to serve
- Dairy free yogurt, to serve

## Preparation

1. Heat the oil in a large flameproof casserole dish or saucepan over a medium-high heat. Fry the onions with a pinch of salt for 7 mins, or until softened and just caramelised. Add the garlic, chilli and ras el hanout, and cook for 1 min.
2. Stir in the squash and lentils. Pour over the stock and season to taste. Bring to the boil, then reduce the heat to a simmer and cook, covered, for 25 mins or until the squash is soft. Blitz the soup with a stick blender until smooth, then season to taste
3. Stir in the coriander leaves and ladle the soup into bowls. Serve topped with the dukkah, yogurt and extra coriander leaves