

Butternut Squash, Chili & Mint

(Adapted from the Coupar Angus Café Collection)

#SoupOnSaturday

Description

Refreshing and light; butternut squash, chili and mint come together to make a lovely soup for a Saturday lunch. Serves 4.



Ingredients

- **1 Onion** (peeled & chopped)
- **1 Clove of Garlic** (peeled & chopped)
- **1 Green Apple**
(peeled, cored & chopped)
- **1 Butternut Squash**
(peeled, seeds removed & chopped)
- **¼ Tsp Chilli Powder**
(more if you like it hot)
- **1 Tsp Paprika**
- **1 Litre Hot Water**
- **Fresh/Dried Mint Leaves** (chopped)
- **3 Tbsp Sunflower Oil**

Method

- 1) Heat the oil in a large pan, frying the onion and garlic until transparent.
- 2) Add the paprika and chili, and cook for a further 2 minutes.
- 3) Add the butternut squash, apple and stock, and cook for 20 minutes.
- 4) Liquidise (partially if preferred) and add dried mint or chopped fresh mint.
- 5) Serve and enjoy.