

Sweet Potato & Butternut Squash Soup

Serves 8

Time: 1hr

Ingredients:

500g Sweet Potatoes
1 Butternut Squash Cut into Quarters
1 tbsp clear honey
1 tbsp Olive Oil, plus a drizzle
2 onions chopped
2 garlic cloves, crushed
1litre Veg or Chicken Stock
1 tsp Cinnamon
1 tsp Grated Nutmeg
100ml double cream or Creme Fraiche

Method:

Heat the Oven to 220c/200c fan/7 gas.

Cover a baking tray with baking parchment (stops any sticking).

Put the sweet potato & butternut squash on a baking tray and drizzle with olive oil and honey.

Roast for 40-45 minutes until soft and starting to caramelize at the edges.

Meanwhile, fry the onions in a little oil until soft, add the garlic then the chicken stock, cinnamon and nutmeg. Bring to the boil and simmer for 5 minutes.

Remove the sweet potatoes and Butternut from the oven. Scoop the butternut from its skin.

Add butternut and sweet pots to the stock mixture and then blend until smooth.

Stir in the cream or creme fruit and gently simmer.

Season with salt and pepper.