

Roasted Squash & Chick Pea Soup



Ingredients

- 500g Frozen Butternut Squash
- Pinch Chilli Flakes
- 1 Tbsp Olive Oil
- 25g Pumpkin Seeds
- 400ml Reduced Fat Coconut Milk
- 500ml Vegetable Stock
- 400g Can Chickpeas, Drained
- Crusty Bread, To Serve (Optional)



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Method

- Preheat the oven to 200°C, gas mark 6. Put the squash onto a baking tray with the chilli flakes and some seasoning, then toss in the oil to coat. Roast for 20-25 minutes, until tender.
- Meanwhile, toast the pumpkin seeds for a couple of minutes, either in a dry frying pan or in the oven on another baking tray.
- When the squash is almost ready, put the coconut milk, stock and chickpeas into a large saucepan and bring to the boil. Add the squash, cover and simmer for 5 minutes.
- Blend the soup with a stick blender until smooth. Sprinkle with the toasted seeds, a pinch of chilli flakes and a drizzle of olive oil.
- Serve with crusty bread, if liked.