



BUTTERNUT PUMPKIN AND BASIL SOUP

Equipment

- Baking tray
- Measuring cups and spoons
- Chopping board
- Chef knives
- Soup pot
- Wooden spoon
- Blender

Ingredients

- 1 Large butternut squash
- 1 Onion
- 1 Apple
- 3 cups coconut milk
- 3 cups Water
- 10 Fresh leaves basil
- 1 Tbsp Olive oil
- 3 Garlic cloves
- 2-3 tbsp ginger, grated
- Salt and Pepper

From The Garden

- butternut squash
- basil

What to do

- 1- Preheat the oven to 200°C. Cut the pumpkin in half and scoop out the seeds. Brush the cut sides with olive oil and place them cut-side down on an oiled baking sheet. Bake until soft, approximately 45 minutes.
- 2- Scoop the squash from the skins once cool enough to handle. Heat the olive oil in a soup pot over medium heat.
- 3- Add the diced onion, diced apple, and grated ginger and stir while cooking until they are soft, about 8 minutes.
- 4- Add the squash, along with the water, salt and pepper. Bring to a boil, then reduce heat to simmer and cook for 10 minutes.
- 5- Add the basil and coconut milk.
- 6- Blend until smooth, adding more water if needed to reach desired consistency.
- 7- Taste and adjust seasoning.
- 8- Ladle into bowls and garnish with extra herbs, and croutons.