

Hearty roasted garlic and squash soup with kale

Serves 4

Takes about 1 hour 15 minutes

Uses 1 pot



Ingredients

1 large butternut squash (1.3kg), peeled and chopped into 2cm chunks

2 tablespoons olive oil

1 bulb garlic

1 onion, finely chopped

250g chopped kale

1.25l vegetable stock – either from cubes or see my recipe on lepetitoeuf.com

Optional route 1:

1 tablespoon cider vinegar

3 large tomatoes, halved and roasted in the oven with the squash for 20 minutes

Optional route 2:

1 lemon

Large bunch of parsley

To serve:

Crumbled feta

Directions

Heat oven to gas mark 7, 425°F, 220°C, fan 200°C.

Place the squash in a baking tray, making sure the chunks aren't piled up on top of each other, as they won't cook if they are. Spread over two trays if necessary. Drizzle with 1 tablespoon of oil and mix well.

Slice the very top off of a garlic bulb, so that you reveal the top corner of each clove, then place in the middle of a piece of kitchen foil, drizzle ½ tablespoon of oil over the top and wrap into a sealed package.

Place both the squash and the garlic in the oven and roast for 40 minutes.

After half an hour, heat half a tablespoon of olive oil over a medium heat in a large pan big enough to hold all of the ingredients. Add the onion and fry for 5 minutes until well softened. Add the vegetable stock, bring to boil, then add the kale and simmer for 5 minutes with the lid on. Turn off the heat once cooked and leave the lid on.

When the squash and garlic is cooked, take them out of the oven, add the squash to the saucepan and open the garlic parcel up to allow it to cool. Once cooled enough to handle,

squeeze the whole bulb from it's base, so that the soft garlic squeezes out of the top of the bulb, straight into the saucepan.

CHOOSE YOUR OWN ADVENTURE:

Now is the time to choose which direction to take. Which option will you take?

1) Add the tomatoes along with 1 tablespoon of cider vinegar.

Or

2) Zest the lemon and add to soup. Chop a lot of parsley and add it along with the juice of the lemon.

Whizz the soup into a relatively smooth soup, retaining a bit of texture, using a stick blender.

Try both options served with crumbled feta.

