

# Chunky butternut squash and lentil soup

Takes 1 hour, serves 4-6 and uses a large saucepan.

## INGREDIENTS

2 onions, peeled, quartered then sliced.  
2 carrots (250g), peeled and diced.  
1 tablespoon oil (use whatever you like, vegetable, coconut, groundnut etc)  
45g fresh ginger, roughly chopped (skin on)  
5 garlic cloves, peeled  
1 tablespoon oil (same as previous)  
1 tablespoon cumin seeds  
0.5 tablespoon coriander seeds  
1 teaspoon ground turmeric  
1 teaspoon ground cinnamon  
0.5 teaspoon ground ginger  
0.5 teaspoon chilli flakes  
1 bay leaf  
1 tablespoon Tomato puree  
1 butternut squash (approx 1.2kg), peeled, de-seeded and cut into 1 inch chunks.  
1l vegetable stock  
1 tin Chickpeas (400g), drained  
100g red lentils

To serve:

Yoghurt

Fresh coriander, chopped

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## DIRECTIONS

Fry the onion and carrot over a medium heat in a large saucepan with 1 tablespoon of oil, stirring occasionally. Meanwhile, place the ginger and garlic in a small food processor with 1 tablespoon of oil and blend to a puree.

Add the spices to the pan with the onions and fry for another couple of minutes. Add the garlic and ginger puree and stir through.

Put the lentils, chickpeas and stock into the pan, bring to a gentle simmer and cook for 15 minutes, uncovered.

Add the squash to the pan and simmer for a further 30 mins uncovered. If it becomes very thick, then add a little more stock, 100ml at a time.

Once cooked, serve in bowls, drizzle some yoghurt on top and scattered with chopped coriander.

