

Nibbly Pig

A spicy and warming squash soup

Ingredients (serves 2)

1 tablespoon olive oil
1 leek, washed & chopped into ½ cm slices
500g butternut squash, peeled, seeds removed and cut into 2cm chunks
1 teaspoon cumin
1 teaspoon harissa
1 garlic clove, peeled and chopped finely
2 teaspoons oregano
1 bay leaf
½ fresh chilli, chopped finely
500ml chicken or vegetable stock
Salt and pepper

Method

Dry fry the cumin in a saucepan for a minute or so, until fragrant. Put to one side.

Gently heat the oil in a large saucepan, add the leeks and cook for 5-8 minutes until soft. Stir occasionally to ensure they don't catch or burn. Add the garlic, chilli, harissa, bay leaf, cumin and oregano, cook for a further minute.

Tip in the chopped squash and stir, sauté for a minute or so and add the stock.

Let the soup come to the boil and then turn it down to a low simmer. Cook for 20- 30 minutes until the butternut squash is tender. Season.

Remove the bay leaf and blend the mixture until smooth with a hand blender.

