

# Butternut Squash Soup

## Ingredients

1 Butternut Squash  
2 tbsp Rapeseed oil  
50 g butter  
2 medium onion  
1 clove garlic

1/2 tsp fennel seed  
1/2 tsp black pepper  
1/2 tsp ground ginger  
1 tbsp honey  
850 ml vegetable stock

Peel, de-seed & dice the squash in large chunks, rub with 1 tbsp rapeseed oil, season & roast for 20-30 minutes in oven 180°C / gas mark 6.

Finely dice onions and cook slowly in oil & butter, with garlic, fennel seeds, black pepper and ginger until onions are soft but not coloured.

Add roasted squash & honey (should be soft & golden brown). Add hot stock, bring to boil. Remove from heat and blitz with a stick blender until silky smooth, taste and correct seasoning.

## Toppings

2 tbsp pumpkin seeds  
Small amount of kale leaves

Toast pumpkin seeds.

Deep fry small pieces of kale leaf for 20 seconds. Place on kitchen roll, sprinkle with salt & cracked black pepper.

Place crispy kale & pumpkin seeds on top of the soup & serve with cut bread and plenty of butter.

*Steve @ The Waggon*