



**A recipe by Ruby Rooks**

# **Roasted Butternut Squash & Ginger Soup!**



## Ingredients:

1 large butternut squash  
1 large onion  
3 carrots  
4 tbsp olive oil  
1 tbsp clear honey  
2 inch piece fresh root ginger  
2 pints vegetable stock  
salt and pepper

## Utensils:

Peeler  
Sharp knife  
Chopping board  
Oven tray  
Deep saucepan  
Hand blender

## Method:

1. Peel the squash and carrots and cut them with caution and discard the seeds in the squash.
2. Peel the onion and chop into small pieces.
3. Mix the chopped vegetables into the oven tray, pour on a little olive oil and sprinkle lightly with salt and pepper.
4. Pop it in a pre-heated oven at 200 degrees C. for 40 minutes.
5. Add honey to the vegetables and roast for a further 5 minutes.
6. Peel and chop the ginger.
7. Fry the ginger in a deep pan over a medium heat and carefully pour in stock.
8. Bring to the boil and then add the roasted vegetables.
9. Remove the saucepan from the heat and blend until smooth.

## **Food Groups:**

This is a very healthy recipe in the Vegetable food group. The Butternut squash, is technically a fruit, and is high in Fibre, Vitamin C, Magnesium, Potassium and Vitamin A. Carrots are an important source of the antioxidant Beta-carotene. Fresh Ginger has been known to help with stomach conditions, especially sickness and is also good for circulation.

## **Why I chose this recipe:**

My Nana and Grandad grow butternut squash in their allotment and their neighbour has a bee hive and sometimes gives them honey. We like this recipe because it has both of those ingredients in and is a mix of sweet and savoury.





