



SPICY BUTTERNUT SQUASH SOUP

For 6 people • Preparation time 10 MIN • Cooking time 55 MIN

INGREDIENTS

- 3 butternut squash
- 1 onion
- 1 celery stalk
- 1 carrot
- 5 cups of chicken stock
- 2 tablespoons of olive oil + 2 more if needed
- 3 tablespoons of harissa paste
- 1 bay leaf
- Fresh thyme (10 sprigs)
- Salt
- Pepper

METHOD

1. Cut the butternut squash in $\frac{1}{2}$ inch cubes as well as the onion, celery and carrot (rough chop).
2. In a pot, add the 2 tablespoons of olive oil. Cook the onions, celery and carrot until the onions become translucent. Add the harissa paste.
3. Add the butternut squash and combine all the ingredients. If the mix is looking dry, add an extra 2 tablespoons of olive oil to help combine. Cook for about 5 minutes.
4. Add the chicken stock until all the butternut squash cubes are covered.
5. Add the bay leaf and thyme sprigs.
6. Bring the soup to a boil, then reduce the heat to a fast simmer until the butternut squash is cooked (about 45 minutes, up to an hour).
7. Transfer the soup to a blender and blend until smooth.
8. Transfer the soup back into the pot and taste. If the soup is not spicy enough, you can add an extra tablespoon of harissa paste (or more). Add salt and pepper.
9. Garnish with pumpkin or sunflower seeds. Serve.