BWYD CYMRU
BODNANT
WELSH FOOD

SPICY SWEET POTATO AND BUTTERNUT SQUASH SOUP

Serves 5 portions

INGREDIENTS:

1 tbsp olive oil
1 onion (roughly chopped)
2 large carrots (peeled and roughly chopped)
4cm fresh root ginger (grated)
1 garlic clove (crushed)
2 fresh red chillies
1 butternut squash (peel and chop)
5 sweet potatoes (peeled and roughly chopped)
2 pints of vegetable stock
Salt and pepper to season

METHOD:

1 Heat the oil in a large saucepan over a medium heat
2 Add the chopped onions and carrots until they're soft
3 Add the ginger, garlic and fresh chillies and fry for 3 minutes
4 Stir in the vegetable stock before adding the sweet potatoes and butternut squash
5 Turn up the heat and bring the pan to the boil
Reduce the heat to slow and simmer for 15 minutes (until the butternut squash and sweet potato is soft)
6 Remove the pan from the heat and blend the soup
7 Season to taste