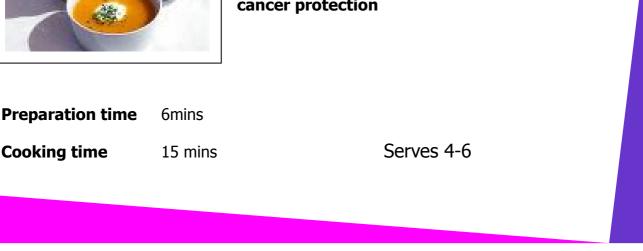
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'What's Cooking!' Recipe Cards

Food Fact:-

Butternut squash or pumpkin could be used for this recipe, both are a excellent source of beta – carotene and vitamin A , which are good for cancer protection

CURRIED SQUASH AND APPLE SOUP

1. Put onion and oil into a bowl, cover and cook for 2 minutes on full power.

2. Add squash, apples, curry powder, thyme and 200ml of the stock, cover and cook on full power for 10-13 minutes or until squash is soft.

3. Add the rest of stock, cover and cook on full power for 3 minutes.

- 4. Blend until smooth, taste and season.
- 5. Serve hot with crusty bread.

1 Medium squash, peeled and chopped

- 1 tbsp oil
- 1 Onion, peeled and chopped

Ingredients

2 Eating apples, cored and chopped

2 tsp curry powder ¹/₂ tsp thyme

1lt Vegetable stock

Pepper to season





