

CURRIED SQUASH AND APPLE SOUP**Food Fact:-**

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

Preparation time 6mins

Cooking time 15 mins

Serves 4-6

**REAL FOOD
WORKS**

Ingredients**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**
- 2 Eating apples, cored and chopped**
- 2 tsp curry powder**
- 1/2 tsp thyme**
- 1lt Vegetable stock**
- Pepper to season**

