













Thai Inspired Butternut and Coconut Soup with Spinach and Naan Bread

45

Classic 35-40 Minutes • Mild Spice • 5 of your 5 a day • Veggie



-  Butternut Squash
-  Garlic Clove
-  Onion
-  Lime
-  Ginger Puree
-  Yellow Thai Style Paste
-  Coconut Milk
-  Vegetable Stock Paste
-  Plain Naan Breads
-  Baby Spinach

Pantry Items

Oil, Salt, Pepper, Sugar

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, garlic press and saucepan.

Ingredients

| Ingredients | 2P | 3P | 4P |
|----------------------------|-------|-------|-------|
| Butternut Squash | 1 | 1 | 1 |
| Garlic Clove** | 1 | 2 | 2 |
| Onion** | 1 | 1 | 2 |
| Lime** | ½ | 1 | 1 |
| Ginger Puree | 15g | 23g | 30g |
| Yellow Thai Style Paste | 45g | 68g | 90g |
| Coconut Milk | 200ml | 300ml | 400ml |
| Vegetable Stock Paste (10) | 10g | 15g | 20g |
| Plain Naan Breads (7) (13) | 2 | 3 | 4 |
| Baby Spinach** | 40g | 40g | 80g |

| Pantry | 2P | 3P | 4P |
|---------------------|-------|-------|-------|
| Sugar* | ½ tsp | ¾ tsp | 1 tsp |
| Water for the Soup* | 300ml | 450ml | 600ml |

*Not Included **Store in the Fridge

Nutrition

| Typical Values for uncooked ingredient | Per serving | Per 100g |
|--|-------------|-----------|
| Energy (kJ/kcal) | 3217 / 769 | 474 / 113 |
| Fat (g) | 30.4 | 4.5 |
| Sat. Fat (g) | 17.1 | 2.5 |
| Carbohydrate (g) | 104.2 | 15.4 |
| Sugars (g) | 24.4 | 3.6 |
| Protein (g) | 19.6 | 2.9 |
| Salt (g) | 3.49 | 0.51 |

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 10) Celery 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Roast the Butternut

Preheat your oven to 220°C/200°C fan/gas mark 7.
Trim the **butternut squash**, halve lengthways, then scoop out the seeds (peel first if you prefer). Cut into 1cm chunks.

Pop the **diced butternut** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use *two baking trays if necessary*.

When the oven is hot, roast on the top shelf until golden and cooked through, 25-30 mins. Turn halfway through.



Bring on the Soup

Pour the **coconut milk**, **veg stock paste**, **sugar** and **water for the soup** (see pantry for both amounts) into the pan.

Bring to the boil, then lower the heat to medium and simmer until starting to thicken, 8-10 mins.

Taste and season with **salt** and **pepper**.



Prep Time

Meanwhile, peel and grate the **garlic** (or use a garlic press).

Halve, peel and chop the **onion** into small pieces.

Cut the **lime** into wedges.



Add the Veg

While the **soup** simmers, put the **naans** onto a baking tray. Sprinkle with a little **water** and pop them into the oven to warm through, 2-3 mins.

Once roasted, add the **butternut** to the **soup**, then stir in the **spinach** a handful at a time until wilted and piping hot, 1-2 mins.

Add a squeeze of **lime juice**, then taste and add more **salt**, **pepper** and **lime juice** if needed.



Get Frying

Heat a drizzle of **oil** in a large saucepan on medium-high heat.

Once hot, add the **onion** and fry until softened, 4-5 mins.

Stir in the **garlic**, **ginger puree** and **yellow Thai style paste**. Cook until fragrant, 1 min.



Serve

Share the **butternut and coconut soup** between your bowls.

Serve with the **naan** and any remaining **lime wedges** alongside.

Enjoy!