

Thai Inspired Butternut and Coconut Soup



with Spinach and Naan Bread

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





Butternut Squash













Ginger Puree





Plain Naan Breads



Yellow Thai Style Paste

Baby Spinach

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**	1/2	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	Per serving	Per 100g
for uncooked ingredient	679g	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.

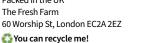
Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

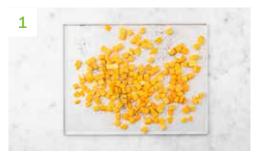
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Roast the Butternut

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.



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.



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.



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**.



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.



Serve

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

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

Enjoy!