

Butternut Squash Soup

with Warm Bread, Crispy Sage and Pecans

hellóchef

Autumn in a bowl! Enjoy this heart-warming butternut soup with delicious toppings.

Cals 813 • Prot 21 • Carbs 123 • Fat 31

Vegan

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🕒 cook: 45 min

R3516



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Butternut soup	2 ppl	3 ppl	4 ppl	
Butternut squash	600	900	1200	Grams
Vegetable oil	1	1	2	Tbsp
Salt	0.5	0.5	1	Tsp
Brown onion	1	1	2	Piece
Garlic cloves	2	3	4	Piece
Ginger	30	45	60	Grams
Turmeric powder	2	2	4	Grams
Water	250	375	500	ML
Mushroom stock cube	1	1	2	Piece
Almond milk 2*	240	480	480	ML
Nutritional yeast	4	6	8	Grams
Crispy sage				
Fresh sage	15	15	15	Grams
Salted vegan butter	20	30	40	Grams
To serve				
Ciabatta 10*, 11*	2	3	4	Piece
Pecan nuts 2*	40	60	80	Grams
Pumpkin seeds	20	30	40	Grams
Black pepper	1	1	2	Tsp

Allergens

*2 Tree Nuts, *10 Wheat, *11 Gluten

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/koal)	3418 / 813
Fat (g)	30.5
of which saturates (g)	7.1
Carbohydrate (g)	123
of which sugars (g)	17.2
Fiber (g)	15.3
Protein (g)	21.4
Salt (g)	2.4

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Roast butternut squash

Preheat the oven to 200°C/180°C. Peel the **butternut squash** and chop it into small chunks. Add the **squash** to a lined baking tray, drizzle with **oil** and season with **salt**. Roast for 25 min. After 25 min, add the **ciabatta** to the tray and cook for 10 min further.

Tip! Hate waste? Use the seeds from the butternut squash too! Fry them along with the pumpkin seeds in step 2.



2 Prep

Meanwhile, toast the **pecan nuts** and **pumpkin seeds** in a dry pan for 5 min or until fragrant. Transfer to a plate. Reserve the pan. Peel and finely chop the **onions** and **garlic**. Peel and grate the **ginger**. Pick the **sage** leaves.

Tip! Use a spoon to peel the ginger.



3 Fry sage

Heat the reserved pan over a medium heat with the **vegan butter**. Add a pinch of **salt**. Once the **butter** has melted, add half of the **sage** (save the rest for step 5) and fry for 2-3 min or until the **sage** turns crispy and the **butter** starts to turn brown. Once crispy, remove the pan from the heat. Carefully fish out the **sage** leaves using kitchen tongs and set aside. Leave the **butter** in the pan.



4 Fry

Return the reserved pan to a medium heat with the **sage butter**. Add the **onions** with a pinch of **salt** and fry for 3 min. Add the **garlic, turmeric** and **ginger**. Cook for 2 min further.



5 Blend

Once the **squash** is roasted, transfer it to a blender (reserve some pieces for topping). Boil the **measured water**. Add the fried **onions, garlic** and **ginger** to the blender. Add the **mushroom stock cube**, remaining **fresh sage**, boiled **water, almond milk** and **nutritional yeast**. Blitz until smooth.



6 Serve

Divide the **soup** among bowls. Top with the toasted **pumpkin seeds** and **pecan nuts**. Garnish with the crispy **sage**, reserved **butternut** chunks and a crack of **black pepper**. Serve the warm baguettes to the side.