

Roast Squash, Tomato & Harissa Soup



Serves 2, prep & cook 40 mins

This soup captures all the sweet, sticky caramelization of the roasting pan in a bowl. Finished with fiery harissa and a generous squeeze of lemon, it is as far from a sweet, suburban squash soup as you can get.

Ingredients

400g butternut squash, peeled and chopped into 2cm chunks

125g cherry tomatoes, halved

olive oil

salt & pepper

1 onions, sliced

1 celery stalk, diced

1 carrot, diced

1 garlic clove, finely chopped

2cm piece of ginger, peeled and chopped

1 tsp ground cumin

1 tsp ground coriander

½ tsp smoked paprika

½ tsp cinnamon

700ml vegetable stock

1 tbsp harissa

1 lemon

light brown sugar – optional

Already in your kitchen:

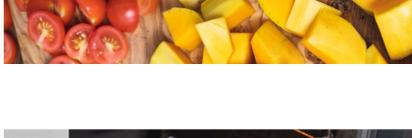
roasting dish

large saucepan

blender

frying pan – optional for garnish

Method



1 Preheat your oven to 200°C/Gas 6. Place the squash and tomatoes in a roasting dish with 2 tablespoons of oil.



2 Season with salt and pepper and mix well. Transfer them to the oven to roast for 30 minutes, until tender and well coloured.



3 Meanwhile, heat 1 tablespoon of oil in a large saucepan.



4 Gently fry the onion, celery and carrot for 10 minutes, until starting to soften.



5 Stir in the garlic, ginger and spices. Cook for 1 minute.



6 Tip in the stock. Simmer for 15-20 minutes, until the veg is all cooked.



7 Tip the roasted veg into the saucepan and add the harissa.



8 Blend until smooth, adding a dash more hot water or stock if it seems too thick.



9 Taste and tweak with seasoning and a squeeze or 2 of lemon. You can add a little soft brown sugar for more sweetness if you like.



10 Consider garnishing with dukkah (a spiced seed and nut mix) or griddled flatbreads.



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