



BUTTERNUT SQUASH SOUP WITH CHICKEN

SERVES 4

INGREDIENTS

1 medium to large butternut squash
1 sweet onion
4 bone in skin on chicken thighs
2 tbsp olive oil
1qt vegetable broth
1 tsp sea salt
pepper
1/2 tsp cumin
1/2 tsp coriander
2 tbsp fresh cilantro minced
2 tbsp homemade yoghurt (see recipe below)

INSTRUCTIONS

Peel the butternut squash and remove the seeds. Cut the squash into small cubes. Peel the onion and cut into pieces. Arrange the butternut squash, onion, and chicken thighs in a single layer on a rimmed baking sheet, sprinkle with olive oil, salt, and pepper.

Bake at 380° F / 190° C for 35 minutes until the chicken skin is crisp and the meat cooked through.

Remove from the oven and place the chicken thighs on a plate, set aside.

Add the onions and butternut squash to a large stock pot make sure to include the juices. Using a potato masher, mash the butternut squash evenly. You can also puree the soup using a stick blender. Add the vegetable broth and heat the soup until it starts boiling. Season with salt, pepper, cumin, and coriander.

Remove the bones and skins from the chicken and rip the meat into bite size pieces. Add the chicken meat to the soup. Garnish with yoghurt and fresh cilantro.

Guten Appetit!