


Sabrina 

Butternut, cardamom
& tahini soup



Butternut, cardamom & tahini soup

Serves 10

INGREDIENTS:

450g onions, peeled and roughly chopped
1800g butternut squash, peeled, deseeded and cut into 2.5cm cubes
5g ground cumin
7g ground turmeric
1 lemon, juiced
5g sea salt
3g black peppercorns
120g tahini paste
15g garlic, peeled and sliced
1g green cardamom pods
100ml extra virgin olive oil
2500ml water

METHOD:

1. Place a saucepan over a medium heat and add the olive oil. Add the onions and cook until soft. Then add the butternut squash, garlic and spices, season with salt and pepper, stir thoroughly for 5 mins to coat the squash in the spices.
2. Pour over the water to cover the ingredients, stir and cover the pan with a lid. Reduce the heat and simmer for 35-40 mins or until the squash is cooked.
3. Using a stick blender, blitz the soup until smooth. Add the tahini and lemon juice, stir until dissolved. Check and adjust the seasoning, serve.