

More than 1 hour

Serves 4

Share

Share on facebook

Share on twitter

Share on pinterest

Share on whatsapp

Share on email

Ingredients:

Butternut soup base:

- 1½kg butternut, cubed
  - 2 Tbsp (30ml) olive oil
  - Salt and milled pepper
  - 1 onion, chopped
  - 2 stalks celery, sliced
  - ½ Tbsp (7ml) ground cumin
  - ½ Tbsp (7ml) ground cinnamon
  - 2½ cups (625ml) vegetable stock
  - 1½ cups (375ml) water
  - 1-2 Tbsp (15-30ml) lemon juice
  - ½ tub (125ml) cream
  - ¼ cup (60g) butter (optional)
- 
- Glug of olive oil
  - 3cm knob ginger, grated
  - 2 Tbsp (30ml) tomato paste
  - 3 Tbsp (45ml) smooth peanut butter
  - ½-1 cup (125-250ml) vegetable stock or water
  - 1 packet of PnP Livewell plain tofu
  - Handful Swiss chard

For serving:

- Crispy fried tofu
- Salted peanuts

- Fresh coriander

## Method

1. Preheat oven to 200°C.
2. Arrange butternut on 2 or 3 baking trays, take care not to overcrowd the trays.
3. Drizzle with 2 Tbsp (30ml) olive oil and season.
4. Roast for about 30 minutes or until well browned.
5. Heat remaining oil in a large 6-8L pot and sauté onion and celery for 8-10 minutes or until golden.
6. Add spices and cook for a minute.
7. Add butternut and remaining ingredients, excluding cream and butter, and simmer partially covered for 30-45 minutes. Season.
8. Cool slightly and blitz with a stick blender until smooth.
9. Stir through cream and butter (if using).
10. Heat olive oil and fry ginger for a few seconds.
11. Add tomato paste and cook for 30 seconds.
12. Add 8 cups (2L) of the butternut soup base, peanut butter and vegetable stock or water and heat until steaming hot.
13. Cool down the rest of the butternut soup base in the fridge before freezing for future use.
14. Add a handful of Swiss chard to soup and allow it to wilt.
15. Serve soup topped with tofu, salted peanuts, and fresh coriander.

### **COOK'S NOTE**

If you don't have time to make your own butternut soup, store-bought works well too.

[Browse more comfort food recipes here.](#)