



# Recipes

## Spicy butternut squash and chickpea soup

A great warming and comforting recipe for Autumn when butternut squashes are around in abundance.

Serves 4-6

### Ingredients

- 1 tbsp oil
- 1 onion, peeled and chopped
- 350g butternut squash, peeled and chopped into cubes
- 3tbsp mild korma paste\* or 3-4tsp mild korma curry powder\*
- 1 x 400g chick peas, drained
- 1 x 400ml can coconut milk
- 175g spinach (fresh or frozen)
- 300ml boiling water made up with x1 vegetable stock cube\*



### Method

1. Place all the ingredients in the slow cooker pan, and cover with the lid.
2. Heat on high for one hour, then reduce to low and cook for 5-6 hours until all the vegetables are tender.

Serve with crusty wholemeal bread.\*

\*May contain or is one of 14 common allergens