

# Creamy lentil & butternut soup

*Serves 4*

*Freezable*



## Ingredients

- 1 tbsp olive oil
- 1 large onion, chopped
- 6 garlic cloves, chopped
- 800g butternut squash, peeled and diced
- 100g split red lentils
- ½ small pack thyme, leaves picked, or 1tsp dried
- 1 litre hot vegetable stock
- 1 tbsp pumpkin seeds
- 50g half-fat crème fraîche

## Method

Heat the oil in a large pan. Fry the onions until softened and starting to turn golden. Stir in the garlic, pumpkin flesh, lentils and thyme, then pour in the hot stock. Bring to the a simmer and cook for 20-25 mins until the lentils and vegetables are tender.

Blend the cooked pumpkin mixture with a hand blender or in a food processor until smooth, then add the crème fraîche and blend again. Taste for seasoning.

Serve with the seeds scattered on top and a portion of bread.