

ROASTED BUTTERNUT SQUASH AND HAZELNUT SOUP

SERVES: 6

INGREDIENTS

1 large butternut squash (about 3 pounds), peeled and cubed
1/2 cup whole hazelnuts
1 large yellow onion, chopped
3 garlic cloves, minced
4 cups chicken or vegetable broth
1/2 cup full-fat coconut milk
2 tablespoons olive oil
1 tablespoon fresh thyme leaves
1 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg
Salt and black pepper to taste
Optional: Hazelnut oil for drizzling

METHOD

1. Preheat the oven to 425°F and line two baking sheets with parchment paper.
2. Spread butternut squash cubes on one baking sheet and drizzle with 1 tablespoon olive oil, then sprinkle with salt and pepper.
3. Spread hazelnuts on the second baking sheet.
4. Roast the squash for 25-30 minutes, turning once halfway through, until caramelized and tender.
5. Simultaneously, toast the hazelnuts for 8-10 minutes, watching carefully to prevent burning.
6. In a large pot, heat the remaining olive oil over medium heat.
7. Add chopped onion and sauté for 5-6 minutes until translucent and soft. Add minced garlic, thyme, cinnamon, and nutmeg, and cook for an additional 1-2 minutes until fragrant.
8. Transfer roasted squash to the pot and add broth. Bring to a simmer and cook for 10 minutes. Remove from heat and use an immersion blender to puree until smooth.
9. Stir in coconut milk and season with additional salt and pepper to taste.
10. Roughly chop the toasted hazelnuts. Serve the soup hot, garnished with chopped hazelnuts and a drizzle of hazelnut oil if desired.