

Butternut and Macadamia Soup

Serves 4-6

Ingredients:

- 15ml Macadamia Oil or vegetable oil
 - 125ml Roughly chopped macadamia nuts
 - 1 Onion, chopped
 - 5ml Grated Ginger
 - 750ml Diced Butternut (if buying whole; slice first, peel skin off, and then cut into blocks)
 - 1 Apple, cored, and chopped. (I don't bother with peeling them because you are going to liquidize)
 - 750ml Chicken stock
 - 125ml Plain yogurt (you can replace this with a bit of whipped cream)
- Whole or halved macadamias roasted for garnish. (just throw them in a dry frying pan over high heat and toast them until light golden or place them on baking sheet under the grill – you need to shake the baking sheet or frying pan ever so often if attempting to roast them)

Method:

1. Heat oil in large heavy based saucepan; add the macadamias, onion, ginger, and sauté for 2-3 minutes, or until golden brown.
2. Add the butternut and apple, cook for 2-3 minutes, and then pour over the stock.
3. Cover and simmer until butternut is soft but not pulpy soft, this will take more or less 15-20 minutes.
4. Transfer mixture to a blender and process until smooth or use a stick blender.
5. Serve with a swirl of yoghurt and a few roasted macadamias for garnish. Enjoy.
6. It freezes very well – just remember yoghurt is there for garnish and does not freeze well. So freeze without yoghurt.