Red Curry Coconut Squash Soup

Jacob · 30/09/2024



Prep Time

1 hr 10 mins

Dificult

Medium

Servings

6

Description

This curried squash soup has such an amazing balance of flavors and has officially become my favorite soup Perfect for a chilly fall day The fall weather always serves as inspiration for soup especially butternut squash soups I really wanted to put a spin on the typical squash soup this time though Optional garnishes include sliced scallions toasted squash seeds or shrimp I highly suggest the toasted squash seeds as a garnish They really add a lot

Ingredients

- - 1 medium butternut squash - 2 tablespoons butter
- or more as needed - 1 tablespoon coconut oil - ½ onion
- chopped - 2 roasted red peppers
- drained and sliced - 2 tablespoons red curry paste - 1 tablespoon freshly grated ginger - 3 cloves garlic
- minced - 1 (14 ounce) can coconut milk (such as Thai Kitchen®) - ½ cup skim milk

Instructions

1. Peel butternut squash. Cut in half lengthwise and scoop out seeds. Cut flesh into cubes. Melt 2 tablespoons butter and coconut oil in a soup pot over medium-high heat. Add onion and cook until translucent
2. about 3 minutes. Add squash
3. red peppers
4. red curry paste
5. ginger
6. and garlic. Mix thoroughly and cook for 5 to 7 minutes. Add extra butter if the pot dries out
7. to avoid burning onion or squash. Pour coconut milk and skim milk into the pot; bring to a boil. Reduce heat and simmer soup
8. stirring often
9. until squash is soft
10. about 25 minutes. Pour 1/3 of the soup into a blender. Cover and hold lid down with a potholder; pulse a few times before leaving on to blend. Pour into a large bowl. Repeat twice more. Cook's Note: To prepare the squash seeds
11. give them a good rinse. Place in a small pot with just enough salted water to cover. Boil for about 5 minutes. Remove from heat
12. drain
13. and pat dry. Toss in a small splash of olive oil and sea salt
14. then roast at approximately 325 degrees F (160 degrees C) for 10 minutes or until they have a nice crunch.