

A Sutherland Belle

Thai Curry Butternut Squash Soup

INGREDIENTS

For the Soup

- 2 tablespoons olive oil or coconut oil
- 4½-5 pounds butternut squash, peeled, seeded, and cut into small 1-inch pieces (from 2 medium squash)
- 1 large yellow onion, chopped
- 4 garlic cloves, chopped
- 2 tablespoons fresh ginger, peeled and chopped
- 1 (4-ounce) jar [Thai red curry paste](#)
- 2½ teaspoons ground coriander
- 1 teaspoon sea salt
- 1 teaspoon fresh cracked black pepper
- 2 teaspoons brown sugar
- 4 cups (32 ounces) vegetable or chicken broth
- 2 cups [Full-Fat Coconut Milk](#) (reserve a few tablespoons for drizzling)
- ½ lime, juiced
- 1½ tablespoons soy sauce (or tamari for gluten-free option)
- 1 tablespoon fish sauce (omit for vegan-free option)
- fresh cilantro leaves, chopped for garnish

For the Seeds

- Seeds from 2 butternut squash
- ¼ teaspoon salt
- ¼ teaspoon cumin
- ¼ teaspoon chili powder
- ¼ fresh cracked pepper
- ½ tablespoon melted butter

INSTRUCTIONS

For the Soup

1. Heat oil in a large Dutch oven over medium heat. Add onions and cook until softened, about 5-7 minutes. Add ginger, garlic, and red curry paste and cook until fragrant, about 2 minutes.

2. Stir in coriander, salt, pepper, and brown sugar. Add butternut squash and broth; mix well. Cover and simmer until the squash is fork-tender, about 15 to 20 minutes. Remove from heat.
3. Add coconut milk to the soup. Using a handheld immersion blender (or a countertop blender, working in batches), carefully blend the mixture until smooth.
4. Stir in lime juice, soy sauce, and fish sauce if using. Taste and adjust salt and pepper as needed. Serve hot in bowls topped with fresh coconut milk, chopped cilantro, and seeds.

For the Seeds

1. Preheat oven at 300F.
2. Remove the pulp and fibers from seeds. Do not wash. Pat dry.
3. Place seeds on a parchment-lined cookie sheet. Drizzle with melted butter and spices. Mix well and spread seeds into a single layer.
4. Bake until crisp, about 35-40 minutes.