

Kremal? Balkaba?? Çorbas?

Rich and creamy butternut squash soup with red lentils and coconut milk. Vegan, healthy, and perfect for cozy dinners. Ready in 100 minutes.

20 min

HAZIRLIK

1h 40min

PI?IRME

2h

TOPLAM

4

PORSIYON

Medium

ZORLUK

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Malzemeler

- 2 tbsp olive oil
- 1 carrot
- 1 onion
- 1 celery stick
- 5 cup vegetable broth
- 0.7 lb yellow lentil
- 2 tsp curry
- 1 ginger powder
- 5.6 oz coconut milk
- 1 pinch salt
- 1 pinch black pepper
- 1 lemon
- 1 pinch grated coconut
- 1 pumpkin

Yap?l???

- 1 Prepare the butternut squash**

Preheat oven to 400°F (200°C). Cut 0.7 lb butternut squash in half lengthwise and scoop out seeds. Cut into 2-inch pieces and toss with 1 tablespoon olive oil. Place cut-side up on a baking sheet and roast for 40-45 minutes until fork-tender and lightly caramelized at the edges.
- 2 Sauté the aromatics**

Heat remaining 1 tablespoon olive oil in a large pot over medium heat. Add 1 diced onion, 1 diced carrot, and 1 diced celery stalk. Cook for 6-8 minutes, stirring occasionally, until vegetables are softened and onion is translucent.
- 3** Add 2 teaspoons curry powder and 1 minced ginger piece to the pot. Cook for 1 minute, stirring constantly, until fragrant.
- 4 Simmer the soup base**

Pour in 5 cups vegetable broth and bring to a boil over high heat. Reduce heat to medium-low and simmer for 15 minutes to allow flavors to meld.
- 5** Scoop the roasted butternut squash flesh from the skin and add to the pot. Simmer for another 10 minutes until squash is very tender and beginning to break apart.

6 **Blend and finish**

Using an immersion blender, blend the soup directly in the pot until completely smooth and creamy, about 2-3 minutes. Alternatively, transfer in batches to a regular blender and blend until smooth, then return to pot.

7 Stir in 5.6 oz coconut milk and heat through for 2-3 minutes without boiling. Season with 1 pinch salt, 1 pinch black pepper, and 1 pinch additional curry powder to taste.

8 Serve immediately in bowls, garnished with 1 lime wedge per serving for squeezing over the soup.

?puçlar?

Roast the butternut squash until the edges are lightly caramelized for maximum flavor development - this creates natural sweetness that defines the soup's character.

Toast whole spices like cumin or coriander seeds in a dry pan before grinding for more complex, aromatic flavor than pre-ground spices.

Add coconut milk at the end of cooking to prevent curdling - high heat can cause the proteins in coconut milk to separate.

Use an immersion blender directly in the pot for easier cleanup, or let the soup cool completely before transferring to a regular blender to avoid dangerous splattering.

Adjust the soup's thickness by adding more broth for a thinner consistency or simmering uncovered to concentrate flavors and thicken naturally.

Store leftover coconut milk in ice cube trays for easy portioning in future recipes - frozen cubes keep for up to 3 months.

Season with salt gradually throughout cooking rather than all at once - the flavors concentrate as liquids reduce, making it easy to over-salt early in the process.