

Butternut squash and onion soup



PREPARATION TIME

15 min



COOKING TIME

20 min



SERVES

4

INGREDIENTS

- 1 kg butternut squash
- 2 onions
- 2 bay leaves
- 1 bunch of coriander

INSTRUCTIONS

Remove the stems from the coriander. Reserve the leaves and tie the coriander branches together. Chop the onions. Dice the squash.

Put the squash, bay leaves and tied coriander branches in a pot with 2 litres of water. Cook until the squash is done. Use the tip of a knife to check for doneness.

Fry the onions in the olive oil for 5 minutes, stirring regularly. They should become translucent but not coloured. Add the onions to the squash.

Remove the bay leaves and coriander sprigs, add three quarters of the coriander leaves to the squash and blend. Just before serving, add a little fresh coriander for decoration.

Recipe taken from the book Votre santé avec l'authentique régime crétois (only available in French for the moment).