



Creamy Sesame, Miso & Butternut Soup

With Caramelised Miso-Roasted Butternut

Serves 2

Sesame, Miso & Butternut Soup:

- 2 ½ cups (375g) diced butternut squash (see tip)
- ½ small brown onion, peeled & roughly chopped
- ½ thumb-sized piece of ginger, roughly chopped
- 2 fat cloves garlic, peeled
- 1 ¾ cups vegetable or chicken stock
- ½ cup full-fat coconut milk
- 1 Tbsp each white miso paste & hulled tahini paste
- 1 tsp maple syrup or honey
- Juice of ½ lime (about 1 Tbsp worth juice)
- 1 Tbsp toasted sesame oil

Miso Roasted Butternut:

- 2 ½ cups (375g) diced butternut squash
- 1 Tbsp each white miso paste, mirin, soy sauce & maple syrup
- 1 Tbsp toasted sesame seeds

To Serve (optional):

- 150g firm tofu, crumbled
- 1 Tbsp soy sauce
- Cooked soba noodles
- Finely chopped chives & coriander, to garnish
- Chilli oil, for drizzling

Method:

Preheat your oven to 200°C bake. Line a medium oven tray with baking paper and set aside.

Sesame, Miso & Butternut Soup: Add the butternut, onion, ginger, garlic, stock, coconut milk, miso paste, tahini and maple syrup to the Panasonic cooking blender. Season with ½ tsp fine table salt. Place the lid on the blender securely and select the 'soup' preset. Set aside while the blender prepares the soup (the blender will cook and blend automatically). Once the soup has finished cooking, stir through the lime juice and sesame oil. Season to taste with salt.

Miso Roasted Butternut: Place the butternut onto the lined oven tray. Drizzle with some olive oil and season with salt. Roast in the oven for about 25 minutes, or until golden and tender. Meanwhile, whisk together the miso paste, mirin, soy sauce, maple syrup and sesame seeds. Remove the tray from the oven and drizzle the miso mixture over the roasted butternut. Toss to coat the butternut and return to the oven for a further 6-8 minutes, or until the butternut is sticky and caramelised.

Tofu Crumbles (optional): Heat a drizzle of olive oil in a medium frying pan on medium-high heat. Add the tofu and season lightly with salt. Cook for 5-6 minutes, tossing often, until the tofu is golden. Drizzle over the soy sauce and toss to coat the tofu. Remove the pan from the heat.

Serve the butternut soup and soba noodles (if using) topped with the miso roasted butternut, tofu crumbles, chives, coriander and chilli oil.

Tip* Alternatively, use regular crown pumpkin for this recipe.



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