

INGREDIENTS:

1 large butternut squash,
peeled and cut into chunks

50g butter

2 tablespoons chopped
shallot

Half a fresh red chilli, finely
minced

1 dessertspoon Cajun spice

Juice of one lime

800ml warm chicken stock

Sea salt

Freshly-ground black pepper.

TIME: 40 mins**SERVING:** 4 people

Melt the butter in a heavy pan and sweat the shallot for a minute or two. Add the chunks of squash and cook, turning frequently, for seven or eight minutes until they start to soften. Stir in the Cajun spice and mix well, add the stock and the chilli, cover and simmer gently for 20-25 minutes. Whizz up in a blender (or use a hand blender), add the lime juice and salt and pepper to taste. Good with garlic bread.

Enjoy! Malcolm & Julie Pyne

YOUR NOTES: