

# Autumn Pear and Butternut Squash Soup

## Ingredients

665 grams or 6 cups butternut squash (cubed)  
1 ½ cups onions chopped  
3 cloves garlic minced  
1 can full fat coconut milk  
1-2 teaspoons Red curry powder  
1 teaspoon coriander powder  
1 tablespoon coconut oil or olive oil  
2 yellow pears (ripe, halved and cored)  
3-4 cups chicken broth or veggie broth (add more if needed after blending)  
¾ teaspoon salt  
\*You may need to add more salt at the end

Roasted hazelnut and rosemary topping  
½ cup hazelnuts (chopped)  
1 tablespoon fresh rosemary  
⅛-¼ teaspoon salt  
1 tablespoon olive oil

## Method

Sauté the onion, squash and garlic in the oil until onions are translucent.  
Add the spices, cook for 1 minute, add the rest of your ingredients, bring to a simmer and simmer for about 20 minutes.  
Remove from the stove, allow to cool a bit before blending, season if needed

For the hazelnut and Rosemary topping, toss everything together in a bowl and bake at 325 °F for 10-12 minutes or until lightly toasted.

Top the soup with a sprinkle of the roasted hazelnuts and dig in.

Serves 4-6