

Kabocha Squash Soup with Spiced Sunflower Seed Cream

Ingredients

Soup

- 1 kabocha squash (around 3-4 lbs.)
- 2-3 cloves of garlic
- 1 medium-sized carrot
- ½ small onion
- 3 cups vegetable broth
- 1 tbsp. maple syrup
- Salt, pepper and olive oil as needed

Sunflower Seed Cream

- ½ cup raw sunflower seeds
- 1 tbsp lemon juice
- ½ tsp cinnamon
- ½ tsp cumin
- ¼ tsp coriander
- 1/3 cup water
- Salt, to taste

Steps

1. Preheat the oven to 400 degrees. Cut your squash in half, and use a spoon to scrape out the seeds and stringy parts (much like how you clean out a pumpkin). Sprinkle the cut halves with salt and pepper. Crush and remove the skin from the garlic cloves. Add a little oil to the bottom of a baking dish, and place the garlic and squash in the pan. Cook for 45-60 minutes, until the squash is soft and can be easily pierced with a fork.

2. In the meantime, set the sunflower seeds in a pot of water and bring to a boil. Boil for 10 or more minutes to soften them. Strain them, and add them to a blender, along with the water, lemon juice and spices, and blend until it is smooth, soft, and creamy. Set aside.



3. Dice the half onion and roughly chop the carrots. In a pot, sauté the vegetables in olive oil for a few minutes before adding the vegetable broth. Bring to a boil, then lower to a simmer, cooking until the carrots are tender.

4. Once the squash is cooked, remove from the oven and allow it to cool enough to handle. Scrape the squash away from the skin, and put the cooked squash directly into the simmering soup along with the garlic. Add the maple syrup and use an immersion blender to blend until smooth (alternatively, you can blend in batches in a standing blender or food processor). Season to taste.

5. Assemble the soup by pouring a ladle of the squash soup in a bowl, and topping with a scoop of the sunflower seed cream- you can try and spiral it if you're feeling ambitious, but it tastes just as good plopped on top. Enjoy warm.