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Recipe of The Month February 2016

So how fabulous is this sunshine we've had the last couple of days! There's definitely a hint of spring in the air - yippee!

I asked for the Itsu cookbook at Christmas, on the recommendation of one of my clients, and there are some really delicious sounding recipes in it, including loads of lunchy salads. I've made a couple of soups so far, and have just made a mental note to try one of the main meal recipes next week, they sound amazing! I will be sure to share any successes!

What I'm Cooking: Squash, Spinach & Coconut Soup with Ginger

This soup is really good. Filling, tasty, healthy... You could make a batch then freeze in bags in portions to have for lunches over the next few weeks. Or just use it all up over a few consecutive days!

I did add some lentils for protein, which did change the texture a little too much, so I would probably not recommend that and instead suggest you have some protein on the side!

Prep: 10 mins
Cook: 20 mins

Ingredients

- 1 litre chicken stock
- 200ml coconut milk
- 1 chilli, finely chopped
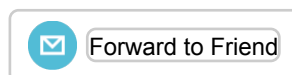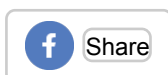- 4cm root ginger, finely chopped
- 1 tbsp. soy sauce

- 1 tbsp. fish sauce
- 2 tsp lemon juice
- 1 tsp cornflour
- 500g butternut squash, cut into 1cm cubes
- 250g spinach
- 150g bamboo shoots / baby corn, chopped

Method

1. Bring the stock to the boil, then add the coconut milk, chilli, ginger, soy sauce and fish sauce
2. Mix the lemon juice with the cornflour in a cup to form a smooth paste, then add to the stock and boil gently for 5 minutes
3. Add the squash and boil gently until cooked (7-10 minutes)
4. Add the spinach and cook until wilted
5. Blend to your desired texture, then stir in the bamboo shoots / baby corn and enjoy!

Until next time, enjoy staying healthy!

Best wishes,

Heather