

# SOUTH AFRICAN BUTTERNUT SOUP

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SERVES 8

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COOK TIME: 35 MIN

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## INGREDIENTS

45g Butter  
1 Onion, chopped  
5ml Garlic, chopped  
5ml Dried Sage  
5ml Dried Oreganum  
1kg Butternut, peeled and diced  
1200ml Chicken Stock  
250ml plain yoghurt

## METHOD

Melt the butter in a pot. Add the onion, garlic and dried herbs saute until glossy. Add the butternut and stock and simmer until the butternut is completely tender.

Blend the soup in a liquidiser and then place back in a clean pot. Stir through the yoghurt and season well with salt and white pepper.

