

# Squash Soup & Bread Bowls

**Per Portion**  
313 Calories  
9.8g Protein  
55g Carbs  
7.8g Fat



## Ingredients

- 1 butternut squash, peeled and cut into 1-inch pieces
  - 2 medium carrots, cut into 1-inch pieces
  - 1 large onion, cut into 1/2-inch-thick wedges
    - 2 cloves garlic
  - 1 tbsp chili powder
    - 2 tsp thyme
    - 2 tbsp oil
    - Sour cream
- For the bread bowls:**
- 750g warm water
  - 1 1/2 tbsp active dry yeast (2 packets)
  - 2 tbsp + 1/2 teaspoon granulated sugar, divided
    - 1 tbsp salt
  - 60g butter, melted
  - 875g plain flour, divided
    - 1 tbsp milk
    - 1 egg white

## Method

1. In a large bowl, toss the butternut squash, carrots, onion, whole garlic cloves, chili powder, thyme, oil, and 3/4 teaspoon of salt. Transfer the mixture to the air-fryer basket.
2. Air-fry the vegetables at 200C, shaking the basket occasionally, until they are tender, approximately 30 minutes.
3. Transfer the roasted squash to a blender. Add 1 cup of water and puree the mixture, gradually adding 3 more cups of water, until smooth. Reheat the soup if necessary.
4. Serve the squash soup topped with sour cream inside the bread bowls.

### Let's make the bread bowls:

1. In a small bowl, combine the warm water, yeast, and 1/2 teaspoon of sugar. Stir until the yeast is dissolved. Cover with a towel and let it stand until the mixture becomes foamy, approximately 5 minutes.
2. In a large bowl, add the salt, remaining sugar, melted butter, yeast mixture, and 750g of flour. Mix well. Gradually add more flour, about 1 cup at a time, until the dough starts to pull away from the sides of the bowl.
3. Knead the dough for about 5 minutes using a stand mixer or your hands. Test the consistency by touching the dough with a clean, dry finger. It should be slightly sticky but not overly so. Add a little more flour as needed to achieve that consistency. Continue kneading for an additional 2-3 minutes.
4. Lightly spray another large bowl with nonstick spray and transfer the dough to it. Flip the dough over once to ensure both sides are coated with spray. Cover the bowl with a dish towel and let the dough rise until doubled in size, approximately 30-45 minutes.
5. Divide the dough into 8 equal pieces. You can use a serrated knife to cut it into equal portions. Take one section of the dough, pat it down with your hands to remove any air, and shape it into a tight ball. Place the dough ball on a baking sheet lined with parchment paper. Make a small "X" slit on the top of each dough round using a serrated knife.
6. In a small bowl, beat the egg with 1 tablespoon of milk to create an egg wash. Lightly brush the tops of each dough ball with a thin layer of the egg wash.
7. Cover the rolls with a piece of plastic wrap, ensuring it is not tightly sealed, and allow them to rise until doubled in size, approximately 30-40 more minutes.
8. Preheat the air fryer to 200C. Bake the bread bowls for about 25-30 minutes until golden brown. Allow them to cool for at least 15 minutes before cutting and using them as bread bowls.