

Pumpkin Soup

SERVINGS: 6-8

COOKING TIME: 60-90 MIN

Ingredients

Olive oil/butter	1.2 litres/2 pints stock
2 onions, roughly chopped	1 tbsp curry powder
3 gloves of garlic, chopped	salt and freshly ground black pepper
1 medium potato, chopped	100ml Double cream (optional)
1 medium pumpkin, prepared weight 850g-1kg	

Directions

1. Pre-heat the oven to 180 degrees celcius.
2. Halve the pumpkin and remove the seeds (keep for later). Cut the pumpkin into medium chunks and place on a baking tray. Combine the olive oil, curry powder, salt and pepper in a bowl and drizzle over the pumpkin, making sure to coat each piece.
3. Roast in the oven for 40-45 minutes, or until soft.
4. Whilst the pumpkin is cooking, heat the oil in a large pan and add the onions. Once starting to soften, add the garlic and cook for 2 minutes.
5. Add the potatoes and cook for a further 3-4 minutes over a medium heat until starting to soften.
6. Add the stock and bring to the boil. Season with salt and pepper. Simmer for approximately 10 minutes, or until the vegetables are tender.
7. Once the pumpkin is cooked, leave to cool for a few minutes then remove the flesh from the skin. Add the flesh to the soup and leave to simmer for a few minutes to allow the flavours to meld.
8. Whizz with a hand blender or in a blender until smooth. Stir in the cream if desired.

Note: pumpkin seeds can be eaten and are delicious if roasted or fried with some oil and spices of your choosing!