

Pumpkin Soup

8 portions



- 1 large onion
- 3 cloves garlic
- 2 teaspoons ground cumin (optional)
- 1 medium pumpkin
- 3 teaspoons bouillon powder or to taste
- White or black pepper – to taste

1. Roughly chop up the onion, garlic and pumpkin. Save the pumpkin seeds for roasting.
2. In a large saucepan, heat 2 tablespoons sunflower oil over a medium heat.
3. Add the onion, stir and place on the lid. Cook for a couple of minutes to soften.
4. Stir in the garlic and ground cumin then stir in the pumpkin.
5. Place a lid on and cook for 10 minutes. Stir occasionally. If the vegetables are browning, lower the heat slightly.
6. Add the vegetable bouillon and just cover the pumpkin with water.
7. Turn up the heat and bring to the boil, stirring occasionally. Once it comes to the boil, turn down and simmer for 30 minutes until the pumpkin is soft.
8. Blitz the soup to a puree in a food processor or with a stick blender.
9. If the soup is too thick, add more water until it's the required consistency.
10. Correct seasoning and serve.

Roasted pumpkin seeds

1. Wash off the pumpkin flesh and drain away excess water. Spread over a lipped baking tray.
2. Pour over a little olive oil. Sprinkle with smoked paprika, add 1 teaspoon tomato puree, 1 crushed garlic clove, and sprinkle with salt.
3. Mix everything together with your hands and spread over a baking tray.
4. Bake at 120°C for 40 - 50 minutes stirring occasionally until lightly toasted.