

Spicy Pumpkin soup

Ingredients

600g Pumpkin cubes (remove the outside skin and seeds inside)

250g Carrots sliced

250g Onions diced

2 tablespoons oil

1 teaspoon mustard seeds (optional)

2 cloves garlic

1 teaspoon cinnamon

1 teaspoon cumin

Half teaspoon turmeric (*)

Salt and Pepper

500ml vegetable stock

Method

1. Heat oil in a frying pan and gently fry onions.
2. Add garlic, spices, carrots and pumpkin into a large saucepan. Add cooked onions into saucepan.
3. Simmer for about 20 minutes stirring occasional.
4. Leave to cool and then puree.

(*) Please be aware that turmeric does stain. If you include, please be careful with the soup to avoid stains to containers, utensils or work surfaces.

If the soup is to be frozen, please do this once the soup has been cooled and allow 24 hours to defrost the soup.