

Roasted Pumpkin and Carrot Soup

Ingredients:

1kg pumpkin cut into 1cm pieces (roasted at 210 for 30 min)

2 Tbsp olive oil

3-4 carrots cut into 1 cm pieces

1 onion diced

2 cloves garlic (crushed)

1Tbsp mustard seeds

2 tsp coriander

1 tsp cumin

1 tsp turmeric

¼ tsp chilli powder (optional)

5 cups of vegetable stock (4 tsp stock powder in 5 cups water)

Method

In large saucepan heat oil and add carrot, onion and garlic and stir fry for 3-5 min. Add all spices and continue stir frying until mustard seeds begin to pop (about 2 min)

Add pumpkin and stock. Bring to a boil then simmer for 15 min.

Using hand blender, blend soup until smooth.