



Roasted Pumpkin Soup

Equipment: Scales Chopping board Knife Baking tray Large pot Wooden spoon Measuring cup Stick blender Soup ladle	Ingredients: 1.5 – 2 kg pumpkin 1 onion 2 garlic cloves 1 tablespoon curry powder Salt and pepper (to taste, approx. 1 teaspoon each) 1-2 tablespoons olive oil 4 cups chicken or vegetable stock 3 tablespoons honey
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Instructions:

Preheat oven to 180 degrees.

Roast pumpkin whole, skin on, or cut into big slices. Drizzle slices with olive oil and place on baking tray. Bake until golden and cooked through. Allow to cool and remove peel from pumpkin. Roughly mash roasted pumpkin.

Chop both ends off onion and peel. Dice onion.

Chop both ends of garlic and peel. Finely chop.

Heat olive oil in pot.

Add onion and garlic and fry for a couple of minutes until translucent and lightly browned.

Add curry powder, salt and pepper and fry for a minute or two, to allow flavours to develop.

*If cooking for kids, reduce or completely cut out the curry powder.

Add pumpkin and stir well.

Add stock and stir well.

Bring to the boil, then allow to simmer for 15-20 minutes.

Remove from heat. Puree the soup with a stick blender. *An adult will do this as the hot liquid can burn if splashed.

Stir through honey.

Serve and enjoy.